

- i. Blankets, bed sheets.
- ii. Canvas shoes.
- iii. Rain coat/Umbrella.

3. Special Items.

a. For baby :

- i. Powder milk.
- ii. Diapers.
- iii. Medications.

b. For Adult :

- i. Heart and High blood pressure medicine.
- ii. Insulin Injection.
- iii. Eye Glasses.



c. Important Family documents (Keep all records in water proof portable bag)

- i Will, Insurance, Policy, Contracts, Deeds, Stocks bond etc.
- ii. Election I-Card, Ration card, Passport.
- iii. Bank Documents.
- iv. School/ College certificates, Birth/Marriage/Death certificates etc.
- v. List of emergency Telephone No.



Remember

- ❖ Store the kit in an accessible place and make sure that all family members know about it.
- ❖ Rotate stored food and water at least every 4 months
- ❖ Rethink your kit and family needs once a year.
- ❖ Keep all items in a plastic bag.



FAMILY DISASTER KIT



NDRF



Community Awareness and Preparedness Programme

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After a disaster, local administration and relief worker will be on the scene but they can not reach to everyone immediately. You could get help in hours or it may take days. Would your family be prepared to cope with the emergency until help arrives ?



There are six basic items you should stock in your home : **Water, Food, First Aid Kit, Clothing and Bedding, Tools** and other emergency supplies and keep the items that you will need during an evacuation in a easy to carry bag.

1. First Aid Kit – First aid kit should include the following or any other useful material.

- Roller bandages.
- A pack of cotton.
- Small scissors.
- Antiseptic solution (Dettol, Savlon).
- Antiseptic cream (Soframycin, Neomycin).

- Oral re-hydration solution (ORS).
- Triangular bandage.
- Small and large splint (made of bamboo or wood)
- Pain killer tablets (Paracetamol etc)
- Any other desired medicines.
- Chlorine tablets.



- 2. Water :-** Storage of drinking water in unbreakable bottles. In each bottle record of date, it was filled/refilled be marked. Refill water after every four months.



- 3. Food :-** Store non-perishable food items that will not require much maintenance or refrigeration. Select the items, that are compact to keep and of light weight. **Example :-**
- Biscuit, Namkeens.
 - Ready to eat food packet.

- Dry food. Example :- Peanuts, Dry-fruits, Chana, Sattu, Moori etc.
- Sugar, salt etc.
- Energy drinks like glucose etc.
- Instant coffee, tea bags etc.



4. Tools and supplies.

- Disposable plates, spoons, cups.
- Battery operated Radio.
- Torch with extra batteries.
- Utility knife.
- Candle and match box.
- Soap, liquid detergent.
- Thread and needles.
- Whistle.
- Plastic sheets.
- Plastic mug.
- Plastic bags.



5. Clothing and Bedding.

- At least one set of clothing and footwear per person.