



HIGHLANDS COUNTY

DIVISION OF EMERGENCY MANAGEMENT

6850 West George Blvd.

Sebring, FL 33875

863-385-1112

Cash

Have extra cash on hand. ATMs may be down and stores may not accept credit cards for some time after an emergency.

Disaster Supply Kit

Preparing your disaster supply kit now will make your life much easier when an emergency, any emergency, occurs. You want to plan on supplies for 3-14 days and keep your supplies in a back-pack, duffel bag, suitcase, or other easy to carry storage device. Here's what you'll need:

- WATER!! This is a top priority. Store at least one gallon per person per day. Remember, in addition to drinking, you'll need to brush your teeth, wash your hands, and perform other hygiene activities—and it can get pretty hot in Florida during hurricane months—so make sure you store enough water.
- Canned food—meats, soups, juices, fruits, vegetables, etc.
- Boxed drinks or other foods
- Powdered drinks, instant coffee and tea
- Peanut butter and jelly
- Crackers, cookies, & candy
- Energy and granola bars
- Bread in moisture proof containers
- Can opener (manual, NOT electric)
- Battery powered flashlights
- Battery powered radio
- Extra batteries
- Tools
- Important papers, including proof of residence (in water tight containers).
- Complete change of clothing.
- Entertainment items, especially if you have children.
- Pet supplies (remember water, food, and medicine for your pets too!)
- Duct tape and Scissors
- Plastic sheeting
- A-B-C rated fire extinguisher
- Cooking supplies
- Personal hygiene items
- Bedding
- Stationery items (pens, markers, paper)
- Baby items

First Aid Kit:

- First Aid Manual
- Sterile bandages in assorted sizes
- Antiseptics, such as hand cleaners
- Antibiotic ointment, products similar to Neosporin
- Tweezers
- Scissors
- Needle
- Latex gloves
- Sterile gauze pads
- Roller bandages, assorted sizes
- Safety Pins
- Triangular bandages
- Thermometer
- Sunscreen
- Hypoallergenic adhesive tape
- Non-prescription pain relievers (such as ibuprofen or acetaminophen—Advil or Tylenol)
- Non-prescription antihistamine (such as diphenhydramine)
- Prescription medicines
- Eye glasses or contact lenses. If you use contact lenses, remember that they're not much use without the solution and the storage case.