



# DISASTER PREPAREDNESS KIT 9/11: A DAY FOR DISASTER PREPARATION



9/11: A national day of disaster preparation, including nuclear terrorism. A checklist in the event of a radiological emergency. For additional information, please visit [pathfoundationny.org](http://pathfoundationny.org)

PATH  
FOUNDATION  
NY

## WATER

- 1 gallon / person /day

## FOOD

- Nonperishable Food items
- Canned meats, soups, fruits & vegetables
- Dry milk & juice drinks
- Sugar, salt & pepper
- High energy foods: peanut butter, jelly, crackers, granola bars & trail mix
- Comfort foods: cookies, candy, instant coffee, tea
- Vitamins
- Infant foods and/or pet foods

## SUPPLEMENTS

*(Enough medications for 7-10 day regimen)*

- Cesium Chloride
- Lipoic acid
- Antioxidants: Coenzyme Q10, Vitamin D, Blueberries, Fish Oil
- N-Acetyl Cysteine (NAC)
- Melatonin
- Radioiodine thyroid blockage: Potassium Iodide
- Strontium citrate/carbonate
- Assist water detoxifying: Zeolites and SAAMS

## FIRST AID KIT

- Absorbent compress dressings
- Adhesive bandages
- Adhesive cloth tape
- Gauze
- Antibiotic ointment packets
- Antiseptic wipe packets
- Space blanket
- Breathing barrier
- Instant cold compress
- Sunscreen
- Large non-latex gloves
- Hydrocortisone ointment packets
- Scissors
- Roller bandages (3 & 4 inches wide)
- Sterile gauze pads (3x3 & 4x4 inches)
- Oral thermometer
- Triangular bandages
- Tweezers
- First aid instruction booklet
- Basic non-prescription Drugs: Aspirin, Pain Reliever, Antacids, Laxatives
- (Enough medications for 7-10 day regimen)*
- Safety pins
- Hand sanitizer
- Tourniquet

## LIGHTING AND COMMUNICATION

- Hand-cranked radios compatible for cell phone charging
- Phone with backup batteries
- Flashlights
- Signal Flares
- Matches
- Light sticks

## TOOLS AND SUPPLIES

- Utility Knife
- Axes
- Saws
- Shovels
- Duct Tape
- Rope, string, and twine
- Plywood
- Fire Extinguisher
- Emergency manual
- Area maps
- Compass
- Can opener
- Cooking pots
- Needles and thread
- Boots, hats, gloves, rain gear, extra clothes
- N-95 masks
- Crescent wrench (gas shut-off tool)

## DOCUMENT COPIES

- Insurance policies
- Contract deeds
- ID and passports
- Bank account numbers
- Important telephone numbers
- Immunization records
- Marriage certificates
- Copies of IDs, passports and marriage certificates

## SANITATION

- Soap
- Toilet Paper
- Sponges
- Veils
- Paper masks
- Air Filter
- Plastic garbage bags
- Storage containers



Find a safe, enclosed space, covering mouth during travel.

Shed outer layer of clothing and place in sealable bag.

Shower or rinse if possible.

Tune into radio or TV for further instructions.

\* This kit was prepared with the help of New York State Homeland Security Commissioner Jerome Hauer.