

RETURNING HOME AFTER A DISASTER: SUPPLY LIST

Lisa Norman*

Cleaning up after a disaster can be a long, difficult task. If your home has been flooded, everything touched by water is considered contaminated. You should either throw out the damaged items or disinfect them. It will be helpful to get the following supplies before returning home:

Water: Take at least a 3-day supply of bottled water. Pack 1 gallon for each person per day. Do not use well water until the local health department representative or another professional has tested it.

First-aid kit: Include two pairs of sterile gloves, gauze, soap, antibiotic wipes and ointment, burn ointment, adhesive bandages, aspirin, a thermometer, first-aid booklet, and SPF 30 sunscreen.

Prescription medications: Include heart and high blood pressure medicine, insulin, and other drugs prescribed by a doctor.

Hand sanitizer: Any type of alcohol-based hand sanitizer will work.

Basic tool kit: Include a screwdriver, hacksaw, axe, wrench, hammer, and pliers.

Personal hygiene items: Include a washcloth, bath towel, soap, toothbrush, and toothpaste.

Sturdy shoes: To avoid injury from debris, use closed-toe shoes.

Insect repellent: Any brand will work.

Cleaning supplies:

- ▶ 5-gallon bucket with lid
- ▶ Bleach (82 ounces)
- ▶ 5 scouring pads
- ▶ 7 sponges
- ▶ 1 scrub brush
- ▶ 18 cleaning towels
- ▶ Liquid laundry detergent (50 ounces)
- ▶ Household cleaner (12- to 16-ounce bottle)
- ▶ Disinfectant dish soap (16- to 28-ounce bottle)
- ▶ 50 clothes pins
- ▶ Clothesline (100 feet)
- ▶ 5 masks (N-95 rating)
- ▶ 2 pairs of latex gloves
- ▶ 1 pair of work gloves
- ▶ 24-bag roll of heavy-duty trash bags (33- to 45-gallon)
- ▶ Air freshener (8- or 9-ounce can)

(Cleaning items adapted from the UMCOR relief supply needs list: www.umcor.org)

*Former Extension Assistant, Texas A&M AgriLife Extension Service