

Your Emergency Storm Kit

Iowa American Water teams work hard every day to provide the quality, reliable water service that you depend upon. Water service outages are uncommon, but household planning for storms and natural disasters is always a good idea.

The following storm kit contents are based on recommendations from the U.S. Centers for Disease Control and Prevention.

- **Water** - three gallons for each person who would use the kit and an additional four gallons per person or pet for use if you are confined to your home. (This is based on one gallon per person per day)
- **Food** - a three-day supply in the kit and at least an additional four-day supply per person or pet for use at home. Non-perishable foods that don't require heating are a good idea.
- **Special items for infants and seniors, disabled persons or anyone with serious allergies** - including special foods, denture items, extra eyeglasses, hearing aid batteries, prescription and non-prescription medications that are regularly used, inhalers and other essential equipment.
- **Kitchen accessories** - a manual can opener; mess kits or disposable cups, plates and utensils; utility knife; sugar and salt; aluminum foil and plastic wrap; re-sealable plastic bags
- **A portable, battery-powered radio or television and alarm clock and extra, fresh batteries**
- **Several flashlights and extra, fresh batteries**
- **A first aid kit and medications and a cooler for temporary food or medication storage**
- **One complete change of clothing and footwear for each person** - including items adjusted for the season.
- **Blankets or a sleeping bag for each person**
- **Sanitation and hygiene items** - shampoo, deodorant, toothpaste, toothbrushes, comb and brush, lip balm, sunscreen, contact lenses and supplies and any medications regularly used, toilet paper, towelettes, soap, hand sanitizer, liquid detergent, feminine supplies, plastic garbage bags (heavy-duty) and ties (for personal sanitation uses), medium-sized plastic bucket with tight lid, disinfectant, household chlorine bleach
- **Other essential items** - paper, pencil, needles, thread, small A-B-C-type fire extinguisher, medicine dropper, whistle, emergency preparedness manual
- **Entertainment** - including games and books, favorite dolls and stuffed animals for small children
- **Emergency phone numbers, a map of the area** marked with places you could go and their telephone numbers
- **An extra set of keys and ids** - including keys for cars and any properties owned and copies of driver's licenses, passports and work identification badges
- **Identification and copies of important family documents, including prescriptions**
- **Small bills and change**