

SUGGESTED INITIAL ITEMS FOR IN-HOME SHELTERING

Prepared by **N.A.B. Mwata Nubian**

Revised: 10/2/20

SAWUBONA. I OFFER/SHARE THIS INFORMATION AS PART OF OUR CARING, SUPPORTING AND LOOKING OUT FOR EACH OTHER. I HOPE IT IS USEFUL, TO KEEP YOU AND YOUR FAMILY SAFE. FEEL FREE TO REVISE.

AMOUNT	ITEM DESCRIPTION	NOTE
	GO BAG. FOR EACH MEMBER OF YOUR HOUSEHOLD. WWW.NYC.GOV/OEM	
	WATER, 3 GALLONS PER PERSON PER DAY FOR AT LEAST 3 DAYS	
	LG PLASTIC CONTAINER FOR 1) BOTTLED WATER, JUICES; 2) FOOD; 3)	
	LG PLASTIC CONTAINER FOR 1) BOTTLED WATER, 2) FOOD, 3)	
	CANNED, FROZEN OR REFRIGERATED FOOD FOR AT LEAST 3 DAYS	
	NON PERISHABLE JUICES	
	MILK OR NON-ANIMAL MILK;	
	GATOR AIDE OR/AND PEDIALITE	
	CANNED VEGGIES FOR AT LEAST 4 DAYS	
	CANNED BEANS- VARIETY	
	PASTA OR RICE OR QUINOA	
	SARDINES, TUNA OR SALMON IN PACKET OR CAN FOR AT LEAST 3 DAYS	
	TOMATO SAUCE, SELECT SIZE BASED ON FAMILY COMPOSITION	
	GLUCERNA OR OTHER UNSWEETENED BEVERAGE FOR DIABETICS	
	SNACKS FOR THE FAMILY; APPLE SAUCE	
	DISPOSABLE UTENSILS AND NAPKINS FOR AT LEAST 9 MEALS	
	PET FOOD, IF APPLICABLE	
	TEAS, COFFEE AND CHOCOLATE DRINK	
	AT LEAST 2 TYPES OF CEREAL- MINIMUM SUGAR	
	1/2 LB OF MIXED NUTS OR SEEDS	
	SQUEEZABLE BABY FOOD AND FRUIT PACKAGES- GOOD FOR ALL AGES	
	PEANUT OR SEED (SUNFLOWER)-BUTTER	
	JELLY- BASED ON FAMILY PREFERENCES	
	BATTERY POWERED OR CRANK RADIO + EXTRA BATTERIES	
	LED FLASHLIGHT (MINIMUM 250 LUMENS) FOR EACH PERSON + EXTRA BATTERIES	
	LED LANTERN (MIN 300 LUMENS) FOR EACH ROOM & EXTRA BATTERIES	
	ALCOHOL- AT LEAST 70% + ALCOHOL PADS IF NOT IN 1ST AID KIT	
	PEROXIDE- 12 OZ	

SUGGESTED INITIAL ITEMS FOR IN-HOME SHELTERING

Prepared by N.A.B. Mwata Nubian

Revised: 10/2/20

AMOUNT	ITEM DESCRIPTION	NOTE
	BLEACH- ORIGINAL, NOT SCENTED	
	LIQUID SOAP OR DISHWASHING ANTI-BACTERIAL SOAP	
	CAN OPENER- MANUAL	
	LYSOL OR DISINFECTANT	
	CLOROX OR OTHER DISENFECTANT WIPES- FOR AT LEAST A WEEK	
	BABY WIPES	
	PAPER TOWELS & TOILET PAPER	
	HONEY OR MAPLE SYRUP OR AGAVE	
	SEASONINGS- BASED ON FAMILY PREFERENCES	
	FIRST AID KIT, APPLICABLE TO YOUR FAMILY COMPOSITION	
	SECOND SKIN LIQUID BANDAGE; TEA TREE OIL	
	TYLENOL, IBRUPROFEN ASPIRIN + COUGH MEDS + THROAT LOZENGERS	
	ALOE VERA GEL + COTTON SWABS + EYE DROPS	
	PAPER, PENCILS, PENS	
	4 N95 OR MASK WITH FILTER INSERT MASK FOR EACH ADULT	
	GOGGLE: SPLASH RESISTANT 3M OR SWIMMING GOGLES FOR ALL PERSONS	
	4 CHILDREN/TODDLER/INFANT MASK, FOR EACH CHILD	
	NITRITE POWDER AND LATEX FREE DISPOSABLE GLOVES- AS NEEDED SIZES	
	2 ROLLS OF DUCT TAPE + SCISSORS	
	WHISTLE FOR ADULTS	
	LIGHTER FOR ADULTS	
	WRENCH OR LARGE PLIERS	
	GAMES TO PLAY, APPLICABLE TO YOUR FAMILY	
	HAMMER, & MULTI HEAD SCREWDRIVER	
	CHARGER FOR EACH CELL PHONE, TABLET OR LAPTOP	
	FAMILY, RELATIVE AND FRIENDS CONTACT INFO TO EACH ADULT	
	FAMILY PLAN TO GATHER AT DESIGNATED LOCATION, IF EVACUATION IS MANDATED	
	ID PRIMARY PERSON & THEIR CONTACT INFO, WHO WILL ACT AS CLEARINGHOUSE	
	ID SECONDARY PERSON & THEIR CONTACT INFO, WHO WILL ACT AS CLEARINGHOUSE	

