

## ***A Quick View of Hygiene and Sanitation Storage***

### **Personal Hygiene Storage**

#### **72-hour Kit**

1. Pack hygiene supplies in a zipped storage bag for easy re-packing and to protect from leakage.
2. Remember essentials.
  - a. Extra eyeglasses and contact lens supplies
  - b. Toilet paper: remove the cardboard tube for easy pulling from the center, and store in a zipped storage bag to protect from the elements
  - c. Feminine sanitary supplies, baby diapers, wet wipes
  - d. Toothbrush and paste
  - e. Soap, shampoo

#### **Short-term “Toilet”**

1. Fill a bucket with hygiene supplies: toilet paper, feminine sanitary supplies, gloves, and trash bags.
2. Store the bucket and a shovel with your food storage for use as an emergency “toilet.”
3. Consider the bucket as the “last resort” supply when the family unexpectedly runs out of supplies!
4. Invest in a toilet seat lid that fits a 5- or 6-gallon bucket (~\$13)  
or a commercially manufactured emergency toilet.
5. Store baby diapers and wipes, if needed.

#### **Long-term Inventory**

1. Inventory hygiene supplies along with food storage.
2. Consider storing supplies in one main location for better awareness of quantities.
3. Store lots of soap—it becomes very valuable during difficult times.
4. Store some cloth baby diapers, diaper pins, and plastic pants.
5. Invest in a large washtub or a solar shower for bathing with less water.

### **Sanitation Storage**

#### **Short-term Supplies**

1. Store disposable products for easy cleanup.
  - a. Store wet wipes—they’re useful for all kinds of cleaning with little water.  
Seal the container in a zipped bag to minimize evaporation.
  - b. Store hand sanitizer.
  - c. Store disposable paper products, utensils, and aluminum foil for easy kitchen cleanup.

#### **Long-term Inventory**

1. Inventory cleaning supplies along with food storage.
2. Consider storing supplies in one main location for better awareness of quantities.
3. Emergency equipment
  - a. Store rubber gloves! Harsh weather and work can make hands crack and bleed.
  - b. Store plenty of plastic trash bags, disinfectant, and some bleach.  
(Remember that liquid bleach is only good for about one year.)

#### **Laundry**

1. Store some liquid laundry detergent; it dissolves more easily than powdered detergent.
2. Emergency equipment
  - a. Store gloves!
  - b. Invest in a hand washer or scrub board.
  - c. Invest in a drying rack or clothesline and pins.