EMERGENCY PREPAREDNESS KIT

YOU SHOULD BE PREPARED to survive on your own for at least 72 hours after a disaster. You'll need a kit with all the essentials readily available so you and your family can be safe. The kit, without food and water, should be lightweight. It should be able to be easily lifted by an adult in the family and portable (such as a plastic container with handles or a wheeled suitcase). Contents of the kit can be obtained with relative ease at various retail outlets.

Non-perishable Food and Water for Three Days

- ❑ Store at least one gallon of water per person per day.
- ❑ Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water
- ❑ Include ready-to-eat canned meats, vegetables, fruits and juices, high-energy foods like peanut butter, along with staples in your kit
- ❑ Make sure that you include food for those with special needs, such as young children or the elderly

First Aid Kit

Assemble a kit for your home and one per car. It should include:

- ❑ Bandages of various sizes
- ❑ Alcohol-based sanitizer or germicidal/antiseptic wipes
- ❑ Non-latex gloves
- ❑ Adhesive tape
- ❑ Anti-bacterial ointment
- ❑ Cold pack
- ❑ Small scissors
- ❑ Tweezers
- ❑ CPR breathing barrier
- ❑ Other items specific to your needs

Tools and Supplies

- ❑ Disposable plates, cups and utensils
- ❑ Battery operated radio and flashlight with extra batteries
- ❑ Utility knife
- ❑ Matches in a waterproof container
- ❑ Duct tape
- ❑ Extra cash and coins
- ❑ Feminine hygiene products
- ❑ Glasses or contact lenses
- ❑ Manual can opener
- ❑ Whistle
- ❑ Maps with evacuation routes clearly marked
- ❑ A fire extinguisher

Clothing and Bedding

- ❑ One complete change of clothing and footwear per person
- ❑ A sleeping bag
- ❑ Sturdy shoes
- ❑ Rain gear
- ❑ Thermal underwear
- ❑ Sunglasses

Special Items

- ❑ Carry important items and information about those with special needs in your family
- ❑ Keep important documents, such as insurance policies, passports, bank account numbers and credit card numbers in a waterproof, portable container
- ❑ Make sure to stock up supplies for your pets

Additional Supplies

If you decide against evacuating, you need to ensure that you can effectively wait in your home until help arrives. Consider investing in these additional supplies that make you more secure in your home:

- ❑ A good shovel, a broom and a hatchet or axe
- ❑ Plastic sheeting to temporarily repair any window damage
- ❑ A well-maintained bicycle in case the roads become impassible or gasoline service is disrupted
- ❑ At least 50 feet of ½ inch rope
- ❑ Camping stove for outdoor cooking
- ❑ Extra flashlights
- ❑ Candles and extra matches in waterproof containers (be sure that there are no gas leaks before lighting a match)
- ❑ Signal flares
- ❑ Plastic garbage bags, with secure ties (for personal sanitation use)
- ❑ Heavy gloves
- ❑ Garden hose (siphoning and firefighting)
- ❑ Paper, pens, stamps