

AMERICAN RED CROSS – EMERGENCY PREPAREDNESS

Being prepared means being equipped with the proper supplies you may need in the event of an emergency. Keep your supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

At a minimum, you should have the basic supplies listed below:

- ξ Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- ξ Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- ξ Flashlight
- ξ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ξ Extra batteries
- ξ First aid kit
- ξ Medications (7-day supply) and medical items
- ξ Multi-purpose tool
- ξ Sanitation and personal hygiene items
- ξ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- ξ Cell phone with chargers
- ξ Family and emergency contact information
- ξ Extra cash
- ξ Emergency blanket
- ξ Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- ξ Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- ξ Baby supplies (bottles, formula, baby food, diapers)
- ξ Games and activities for children
- ξ Pet supplies (collar, leash, ID, food, carrier, bowl)
- ξ Two-way radios
- ξ Extra set of car keys and house keys
- ξ Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

- ξ Whistle
- ξ N95 or surgical masks
- ξ Matches
- ξ Rain gear
- ξ Towels
- ξ Work gloves
- ξ Tools/supplies for securing your home
- ξ Extra clothing, hat and sturdy shoes
- ξ Plastic sheeting
- ξ Duct tape
- ξ Scissors
- ξ Household liquid bleach
- ξ Entertainment items
- ξ Blankets or sleeping bags

For more information on emergency preparedness visit the American Red Cross online at www.redcross.org/prepare