

Items to Include in Your Emergency Preparedness Kit

➤ Food and Water

- At least a 3-day supply of non-perishable foods.
 - Canned meats, fruits, juices, and vegetables (with can opener)
 - Salt, sugar, pepper, spices, etc.
 - High energy foods (energy bars, chocolates, etc.)
 - Vitamins
 - Baby food, formula
 - Comfort/stress foods
 - Aluminum foil, plastic storage containers
 - Mess kits, or paper cups, plates, and plastic utensils
- At least 1 gallon water per person per day. Plastic containers only

➤ Tools and Supplies

- Tools
 - Battery-operated radio, flashlight, and extra batteries
 - Changeable-tip screwdriver, pliers, pocketknife, duct tape
 - Compass, signal flare, matches in a waterproof container
 - Fire extinguisher: small canister ABC type
- Cash or traveler's checks, change
- Paper, pencil, needles, thread
- Whistle
- Plastic sheeting or tarp large enough for all family members
- Map of the area (for locating shelters)

➤ At least two complete changes of clothing and footwear per person.

- Sturdy shoes or work boots, hat, gloves, thermal underwear, rain gear
- Blankets or sleeping bags
- Sunglasses

➤ Personal Sanitation Items

- Toilet paper, towelettes, feminine supplies, soap, liquid detergent
- Toothbrush, toothpaste, deodorant
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant, household chlorine bleach

➤ Important family documents

- Keep these records in a waterproof, portable container:
 - Will, insurance policies, contracts deeds, stocks and bonds
 - Passports, social security cards, immunization records
 - Bank account numbers
 - Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

➤ Bible and songbook

➤ First Aid and Medicines

- First Aid Kit
 - Assorted bandages and gauze pads, anti-bacterial ointment.
 - Antiseptic wipes, waterless alcohol-based hand sanitizer.
 - Adhesive tape, 2" width.
 - (2) pair large medical grade non-latex gloves.
 - Cold pack.
 - Scissors (small, personal), tweezers, Medicine dropper
 - CPR breathing barrier, such as a face shield.
- Non-prescription drugs and supplies
 - Aspirin or nonaspirin pain reliever
 - Anti-diarrhea medication, antacid (for stomach upset), laxative
 - Activated charcoal and Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
 - Denture needs
 - Contact lenses and supplies, extra eye glasses
- Prescription drugs and supplies
 - Heart and high blood pressure medication
 - Insulin
 - Other special medications taken daily or weekly

Emergency Procedures

➤ If you must evacuate:

- Know where the closest safe shelter is located. Plan in advance
- Make sure that all members of your household are accounted for
- Make important contacts first -
 - Your book study overseer
 - Your out-of-town contact listed with the congregation
 - Local family members or close friends
- If you know where you will be going, supply this information to all contacts
- If you relocate, inform the contacts listed above

➤ If you are staying at home:

- Make sure that there are not gas or water leaks and no electrical risks
- Make important contacts first
 - Your book study overseer
 - Your out-of-town contact listed with the congregation
 - Local family members or close friends