

# Are You **READY!**

Some disasters strike without any warning. Have you thought about those supplies you'll need the most? They will usually be the hardest to come by. Enlist your children to help gather supplies for your family's emergency kit. It'll bring you a sense of relief, and your kids a feeling of empowerment.

Make sure you have enough supplies to last for at least **three days**. Think about where you live and your needs. Consider having a large kit at home, and smaller portable kit in the car or your workplace.



## Emergency Supplies List

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)</li> <li><input type="checkbox"/> Can opener</li> <li><input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels</li> <li><input type="checkbox"/> Moist towelettes, garbage bags and plastic ties for personal sanitation</li> <li><input type="checkbox"/> Water – at least a gallon per person, per day for drinking and hygiene</li> <li><input type="checkbox"/> First aid kit</li> <li><input type="checkbox"/> Prescription medication and glasses</li> <li><input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family</li> <li><input type="checkbox"/> Change of clothes to last for at least 3 days, including sturdy shoes; consider the weather where you live</li> <li><input type="checkbox"/> Matches in a waterproof container</li> <li><input type="checkbox"/> Toothbrush, toothpaste, soap and other personal items</li> <li><input type="checkbox"/> Feminine hygiene supplies</li> <li><input type="checkbox"/> Fire extinguisher</li> <li><input type="checkbox"/> Wrench or pliers to turn off utilities</li> <li><input type="checkbox"/> Dust mask, and plastic sheeting and duct tape, to help filter contaminated air</li> <li><input type="checkbox"/> Battery-powered or hand-cranked radio and extra batteries</li> <li><input type="checkbox"/> Flashlights and extra batteries</li> <li><input type="checkbox"/> Cell phone with charger, extra battery and solar charger</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Whistle to signal for help</li> <li><input type="checkbox"/> Household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.)</li> <li><input type="checkbox"/> Local maps</li> <li><input type="checkbox"/> Cash or traveler's checks</li> <li><input type="checkbox"/> Emergency reference material such as first aid book or information from <a href="http://www.ready.gov">www.ready.gov</a></li> <li><input type="checkbox"/> Important family documents such as copies of insurance policies, ID, and bank records in a waterproof, portable container</li> <li><input type="checkbox"/> Pet supplies</li> <li><input type="checkbox"/> Infant formula and diapers</li> <li><input type="checkbox"/> Paper and pencil</li> <li><input type="checkbox"/> Books, games or puzzles (let your kids pick these out themselves!)</li> <li><input type="checkbox"/> Your child's favorite stuffed animal or security blanket</li> <li><input type="checkbox"/> Pet food and extra water for your pet</li> </ul> |
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*Don't forget to think about infants, elderly, pets, or any family members with special needs!*

