

# GET YOUR READY ON!

**Make a Kit, Have a Plan.  
Help Yourself & Your Family  
Survive the first 72 Hours  
of an Emergency**

**CLOTHING**  
INCLUDING  
CLOSED TOE  
SHOES

**BABY  
SUPPLIES**

**WRENCH/  
PLIER**

**CAN OPENER**

**SOUP**  
**FOOD**

**3** day supply  
of non-perishable  
food

**PET  
SUPPLIES**

**DUST/  
FILTER MASKS**

**EYEGLASSES /  
HEARING AIDS**

**GARBAGE BAGS/  
PLASTIC TIES**

**WATER**

**1** gallon  
per person,  
for at least  
**3** days

**FIRST AID KIT**

**PRESCRIPTIONS**

**BEDDING**

**BATTERY  
POWERED  
RADIO**

**CELL  
PHONE**

with  
chargers,  
inverter  
or solar  
charger

**COPIES OF  
IMPORTANT  
PAPERS**

**CASH AND/OR  
TRAVELERS  
CHECKS**

**DUCT TAPE/  
PLASTIC SHEETING**

**FLASH  
LIGHT**

**EXTRA  
BATTERIES**

## Other Helpful Emergency Supplies:

- Whistle to signal for help
- Clothing and Bedding:
  - If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:
    - A jacket or coat
    - Long pants

- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- Emergency reference materials such as a first aid book or a print out of the information on [www.ready.gov](http://www.ready.gov)
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Paper towels
- Fire Extinguisher
- Tent
- Compass
- Matches in a waterproof container\*

- Signal flare\*
- Paper, pencil
- Personal hygiene items including feminine supplies
- Disinfectant
- Household chlorine bleach - You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Medicine dropper

