

Communities Responding To Extreme Weather



EMERGENCY PREPAREDNESS GUIDE



Are you prepared for the next extreme weather event? As hurricanes, flooding, heat waves, snowstorms and more become more frequent and more severe, our twenty-first century homes, families, and communities must be ready. One step we can take is assembling the following items in a secure and accessible place.

TAKE CARE OF OTHERS

Every family is unique. You may have emergency needs not included in this list. Also, remember to update your kit according to changing needs of your family. Children and pets will require extra and personalized supplies such as diapers, baby food or formula, cleaning supplies, medications, comfort items, and documentation.

QUICK TIPS

Keep it fresh. It's extremely important that all items in your kit are functional at the time of an emergency.

- Check the expiration dates on food, water, medicine, and batteries at least two times per year.
- Replace any food or supplies that may have expired.

Be sure it's ready to use. In a disaster situation, you may need to get your emergency supply kit quickly, whether you are sheltering at home or evacuating.

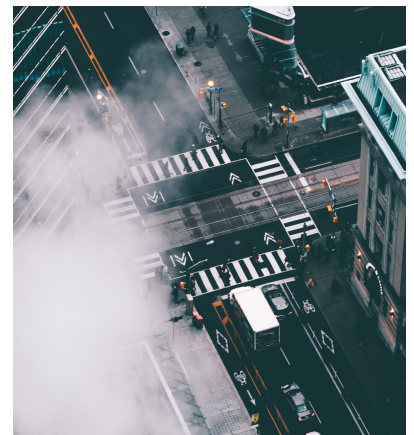
- Once you have gathered your supplies, pack the items in easy-to-carry containers.
- Clearly label the containers and store them where you can reach them easily.
- Remember that certain items, like medications and paper documents, need to be kept in waterproof containers.

Involve children. Families can make emergencies less stressful by preparing in advance and working together as a team.

- Ask your kids to think of items that they would like to include in an emergency supply kit, such as books, games, and pre-packaged foods.
- Your kids can mark the dates on a calendar for checking emergency supplies. Tell them to remind you when it's time to check the supplies.
- Include kids in planning and creating disaster kits for family pets.

Know your house. Find out where your gas, electric, and water shut-off locations are, and how to turn them off.

Prepare for everywhere. Emergencies can happen anywhere. Remember to prepare supplies for home, work, and vehicles. Familiarize yourself with local emergency plans, and know where you can meet in case you get separated.





ITEMS IN THIS KIT

- First aid kit
- Multipurpose tool
- Flashlight
- Waterproof Document Protector
- Emergency drinking water pouch
- Rain Poncho
- Emergency blanket
- Hand Warmers (2)
- Light stick
- N95 particulate face mask
- Nitrile gloves (2)
- Hand sanitizer
- Germicidal wipes (2)
- Whistle with neck cord
- Mini first aid kit with assorted bandages
- Antiseptics
- Waterproof Matches
- Toothbrush
- Toothpaste
- Wetnaps
- Bar of soap
- 34 oz shampoo and conditioner
- Dental floss pick
- .25 oz hand and body lotion
- Deodorant gel
- Twin blade razor
- 5" black comb
- 4 maxipads
- Shaving cream packet
- Washcloth

YOU SHOULD ALSO INCLUDE

- At least a 3-day supply of food and water
- Water – one gallon per person, per day
- Food – foods that are ready to eat and won't spoil, like canned meats and veggies, fruit juice, dry cereal, and nuts.
- Manual can opener
- Basic utensils to prepare and serve meals
- Copies of important documents such as insurance cards and immunization records, in the waterproof protector. Have backup digital copies if possible.
- Paperwork about any serious or ongoing medical condition
- Your completed family emergency plan, complete with family and emergency contact information
- Extra cash
- Maps of the area
- Extra set of car keys and house keys
- 3-day supply of all medicines, at a minimum
- Extra supplies for kids and pets

- Information adapted from FEMA and Red Cross.
- Emergency Preparedness Kit put together by C.R.E.W.
- For more information please visit www.climatecrew.org
- For questions about this kit or C.R.E.W. and its program please contact vernon@climatecrew.org

