

You can cope with a disaster by being prepared before the disaster strikes.

Create an emergency kit!



Supplies can be stored in a plastic container or in a backpack.

Check your kit at least once a year for expired items.

Suggested Supplies to Store:

- **Food** – at least for 3 days, preferably for 7-10 days; ready to eat canned food or freeze-dried food
- **Water** – at least for 3 days, preferably for 7-10 days; one gallon per person, per day
- **First Aid Kit**
ABC type **fire extinguisher**
- **Flashlight/lanterns** with extra batteries; and be very careful with candles and matches
- **Portable radio** with extra batteries or crank/solar powered
- **Extra blankets**, clothing, shoes
- **Some cash**
- **Special items** – medication, eyeglasses, etc.
- **Tools**
- **Non-electric can opener**
- **Whistle**,
- **Map** of the area,
- **Sanitation** supplies
- **Important documents**

Don't forget about storing items for your pets!