

Preparing for severe weather before it hits

FAMILY PREPAREDNESS PLAN

Help protect your family against potential weather disasters and emergency situations by compiling an emergency supply kit. The kit can be assembled over a five-month period on a weekly basis. Perishable items should be changed or replaced every six months.

ESSENTIALS

Battery-operated radio
Flashlight with extra batteries
Do not include candles
Water - 3 gallons/person, minimum,
in a food-grade, plastic container.
Additional water for sanitation

FOOD

*Minimum three-day supply of
non-perishable food that requires
no refrigeration or preparation
and little or no water.*
Dry cereal
Canned juice & canned fruits
Peanut butter
Ready-to-eat canned meats & soups
(not concentrated)
Canned vegetables
Quick energy snacks, graham crackers

CLOTHING/BEDDING

Sunglasses
Hat and gloves
Blankets or sleeping bags
One complete change of clothing and
footwear per person
Rain gear
Sturdy shoes or work boots
Thermal underwear

FIRST AID KIT

*Create one for your home and one
for each car.*
Scissors
Assorted sizes of safety pins
Thermometer
2" & 4" sterile gauze pads (4-6 each)
Tweezers / Needle
2" & 3" sterile roller bandages (3 each)
Sunscreen
Cleansing agent/soap
Triangular bandages (3)
Latex gloves (2 pairs)
Sterile adhesive bandages in
assorted sizes
Moistened towelettes
Non-Prescription Drugs
Laxative
Anti-diarrhea medication
Aspirin or non-aspirin pain reliever
Antacid (for upset stomach)

FAMILY MEDICAL NEEDS

Insulin
Prescription drugs
Denture needs
Extra eye glasses
Contact lenses and supplies
Heart and high blood pressure
medication

TOOLS & SUPPLIES

Whistle
Crowbar
Aluminum foil
Paper, pencil
Plastic sheeting
Medicine dropper
Compass
Needles, thread
Matches in a waterproof container
Signal flare
Pliers, screwdriver, hammer
Assorted nails, wood screws
Heavy cotton or hemp rope
Plastic storage containers
Non-electric can opener, utility knife
Cash or traveler's checks, change
Mess kits, or paper cups, plates and
plastic utensils
Tape, duct and plumber's tape
Map of the area (for locating shelters)
Patch kit and can of seal-in-air for tires

FOR BABY

Formula
Bottles
Powdered milk
Diapers
Medication

FOR PETS

Food
Leash, harness or carrier
Records of vaccinations
Non-tippable food and water containers

