

Emergency Preparedness for Your Family, Begins With You

Taking the time to have a family plan, will not only give piece of mind but may ensure you and your families safety. In doing such we ask that each family make an emergency survival kit, the kit will consist of a First Aid Kit, Food and Water, Hygiene Needs, and Tools/Equipment. Here are some ideas of items to include in your Survival Kit:

Part 1: First Aid Kit:

- Gauze Bandages (4"x4", 5"x9" Trauma Dressing)
- Ace Bandages
- 2 Rolls of Medical Tape
- Alcohol Wipes
- Bottle of Saline
- Medical Gloves
- Band Aids
- Aspirin, Ibuprofen
- Scissors

Part 2: Food and Water:

- 7 – 10 Day supply of Non-Perishable Food (Canned Food, MRE's)
- Water Purification Tablets
- 7 – 10 Day Supply of Water (One Gallon of Water, per person per day)
- Candy
- Eating Utensils
- Energy Bars
- Manual Can Opener
- Dried Fruits, Nuts, Crackers, Cereal
- Baby Food and Baby Formula, if you have Infants
- Juice Boxes, Canned Milk
- Pet Food, if you have Pets

Part 3: Hygiene Needs:

- Soap, Shampoo, Deodorant
- Toothpaste, Toothbrush, & Mouthwash
- 10 Day Supply of any Medication
- Toilet Paper, Towels, Feminine Products
- Hand Sanitizer
- Change of Clothes
- Diapers

Part 4: Tools/Equipment:

- Garbage Bags
- Zip-Lock Type Bags (Quart, Gallon Size)
- LED Lanterns, Flashlights w/ Batteries
- Battery Operated Radio
- Glow Sticks
- Duct Tape
- Waterproof Matches
- Permanent Marker
- Cellphone Charger
- Document Holder
- Backpack for Evacuation
- Paper and Pencil
- Whistle
- Emergency Blanket
- Eye Goggles
- Work Gloves
- Reflective Vest
- Sleeping Bag
- Dust Mask
- Multi-Tool (Leatherman Type)

Important Documents:

****These items should be stored in document holder, listed above ****

- Copy of Social Security Card
- Copies of Insurance Policies
- Wills, Family Records
- Copy of Birth Certificate
- Copy of Passport
- Copy of Deeds
- Stock/Bond Certificates
- Immunization Records
- Bank Account Information
- Credit Card Information
- Family Emergency Plan
- Phone Numbers/Emails

