

DISASTER PREPAREDNESS LIST FOR THE FAMILY

NAVIGATION

- GPS, Map, compass, whistle to signal for help

SUN PROTECTION

- Sunscreen, Sunglasses, hat

ILLUMINATION

- Flashlight, headlamp, lantern
- Extra batteries

INSULATION

- Layered clothing
- Hat, gloves, boots, rain gear
- Hand warmers

FIRST AID SUPPLIES

- First Aid Kit
- Medications, inhalers
- Smoke masks for all (including pets)

FIRE STARTERS

- Matches, mechanical lighters, flint bar, dry tinder
- Vaseline soaked cotton balls, wood chips soaked in resin, dryer lint

REPAIR KIT AND TOOLS

- Multi tool, screwdriver, scissors
- Work gloves, duct tape, zip ties

NUTRITION

- 3 day to 2 week supply of non perishable food for each family member, including pets. consider special dietary needs
- Hand can opener

HYDRATION

- Water (2 gallons per person, per day)
- Water purifying tablets, filter

SHELTER

- tarp, tent, mylar blankets, bivy sack, rain coat

SANITATION

- Disinfectants, anti bacterial soap
- Toilet paper, toothbrush and toothpaste, feminine supplies, razors, baby wipes, plastic bags

EMERGENCY
PLAN

