

Mark Prutsalis

From: redcross-email@usa.redcross.org
Sent: Monday, September 28, 2009 2:07 PM
To: mark@living-prepared.com
Subject: Your Emergency Kit Checklist



Dear Mark,

Thank you for playing the PREPARE4 game. Just by playing, you have taken steps to get ready for life's emergencies, big and small.

Your emergency kit checklist is attached. You probably have many of the recommended items already. Your task now is to gather them together so that you can find everything you need when faced with an emergency situation. You can also shop for a ready-made Red Cross emergency preparedness kit in our online store at RedCrossStore.org.

Visit RedCross.org/domore where you can get tips about personalizing your emergency kit. Or, visit [Be Red Cross Ready](http://RedCross.org/RedCrossReady) to get more information about all three action steps – Get a kit, Make a plan, Be informed!

Best wishes and thank you for your commitment to preparedness.

The American Red Cross

Basic Supplies:

At a minimum, have these basic supplies in an easy-to-carry emergency kit that you can use at home or take with you if you must evacuate.

__ 1 Gallon(s) of water
one gallon per person, per day
Keep a 3-day supply for evacuation; a 2-week supply for home

__ Food
non perishable, easy-to-prepare items
Keep a 3-day supply for evacuation; 2-week supply for home

My food (remember to include comfort foods and to bring a manual can opener if needed)

- Flashlight **
- Battery-powered or hand-crank radio (*a NOAA Weather Radio, if possible*)
- Extra batteries (*to power flashlights, radios and entertainment items*)
- First aid kit
- Medications and medical items. Keep a 7-day supply of medications whenever possible.

My medications & medical items (*such as pillboxes, diabetic supplies, etc.*)

A multi-purpose tool ** (*several tools that fold into a pocket-size unit*)

Sanitation and personal hygiene items (*such as toothbrushes, plastic bags, moist wipes, toilet paper, feminine supplies, etc.*)

Copies of important personal documents.

- List of medications and all pertinent medical information
- Proof of address
- Deed/lease to home
- Passports/birth certificates
- Insurance policies

Other _____

- Cell phone with chargers ** (*your cell phone may be useful during an emergency*)
- Family and emergency contact information *
- Extra cash ** (*remember that ATMs may not be working if the power is out.*) **
- Emergency blanket *
- Map(s) of the area
- An easy-to-carry container to store these items

Additional Supplies for All Members of Your Household:

Medical supplies for others

- Hearing aids with extra batteries
- Glasses
- Contact lenses
- Assistive devices

Other _____

Baby supplies

- Bottles
- Formula
- Baby food
- Diapers

Pet supplies

- Collar
- ID
- Carrier
- Leash
- Food and water
- Bowl
- Picture of you and your pet

- Two way radios **
- Car keys and house keys **
- Manual can opener

Disaster-Specific Supplies:


Consider additional supplies based on the types of disasters common to your area.

- Whistle *
- N95 or surgical masks *
- Matches
- Rain gear *
- Towels *
- Work gloves **
- Tools/supplies for securing your home (*gather what you will need to turn off utilities, etc.*)

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- Extra clothing, a hat and sturdy shoes *
 - Plastic sheeting/duct tape/scissors
 - Household liquid bleach (*to be used for disinfecting surfaces and for water purification*)
 - Entertainment items
 - Blankets or sleeping bags *

* Consider having one per person in your household.

** Consider having one per adult in your household.



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