

EMERGENCY EVACUATION KIT IDEAS

An emergency can occur very quickly and without warning. What would you do if you had to evacuate your home? What if your home lost electricity, water, telephone and gas services? By preparing for the unexpected, your family can better cope with an emergency.

Having a family emergency plan in place and practicing the plan can save time and help to minimize a stressful/scary situation. It is important that an emergency supply kit is maintained as this will save time if your family has to evacuate. An emergency supply kit may be plastic containers with lids, backpacks, or duffel bags. Depending on your family needs, the following items are suggested:

- Water**
- Food** - canned fruit, meat, vegetables, juice, beverages and soup. Peanut butter, crackers, trail mix, granola bars. Comfort foods – cookies, lollipops, tea bags, instant coffee.
- First Aid kit
- Aspirin or non-aspirin
- Moistened towelettes/Wet Wipes
- Paper products – cups, plates, plastic utensils, TP
- Battery operated radio
- Flashlight
- Extra batteries (for both the radio and the flashlight)
- Towels/washcloths
- Soap
- Toothbrushes/toothpaste
- Clothing – extra clothing
- Blankets/sleeping bags
- Special items – such as eye glasses, eye contacts, etc.
- Travel Clock
- Games – cards, travel games, books, writing paper and pens
- Prescription medications (very important!)
- Family documents (photo copies)

Note that the ** items should be based upon a 3-day supply

Water supply should be changed every six months

Food supply should be rotated every six months

Above information is based upon material supplied by a branch of the American Red Cross