

## Emergency Preparedness Kit

Don't get caught off guard when a disaster strikes! Be prepared by keeping a portable *Go Kit* in your house and car. Make sure the backpack is heavy duty nylon that can withstand holding heavy survival items like a radio, food, water, flashlight and first aid kit.

**NOTE:** *The contents listed for your Go Kit are intended to last roughly three days for only one adult. The quantity for each item depends solely on the individual and don't forget to pack for your pets!*

### Items

- Backpack with additional room for medications and important documents
- Flashlight
- Radio
- Batteries (include all types)
- Pocket lighter or matches
- Candles or lantern
- Blanket
- Food bars/Snacks; Non-perishable food (can food)
- Non-electric can food opener
- Work gloves or plastic gloves
- Light sticks (typically last 3-12 hours)
- Personal hygiene items
- N-95 breathing mask
- Swiss Army Knife or scissors
- Plastic sheeting
- Roll of duct tape
- Whistle
- Personal first-aid kit (assortment of bandages, gauzes and antiseptics)
- Water container
- Bottled water
- 1 change of clothing



*Sample items for your emergency Go Kit*