

Basic Emergency Kit

Food

- Bottled water
- Tools and utensils
- Canned Foods
- Baby/pet food

Equipment

- Flashlights
- Radio
- Extra batteries
- Mobile phone/charger

Health & personal supplies

- Basic first aid kit
- Medicines
- Blankets and extra clothing
- Toiletries (soap, toothbrush, etc.)
- Glasses or contacts
- Hearing Aids
- Important documents
- Cash and credit cards
- Paper and pencil

Other things to add to your Emergency Kit

Medical supplies

- Medical alert tags
- Medical equipment/devices/
inhalers
- Wheelchairs/walkers/canes
- KN95 masks
- Written list of medicines

Nice to have

- Sleeping bags
- Books, games, and toys
- Sturdy shoes

Foods that can last a while

- Protein or granola bars
- Dried fruit
- Boxed juices
- Powdered milk

Items to remember

- Local map(s)
- Insurance papers
- Written list of phone numbers
(Doctors, pharmacy, family, friends)

Our meeting places are: _____