

# Emergency Preparedness Bulletin

## What's in Your Go-Bag?

### Basic Emergency Supply Kit

- ✓ Water - 1 gallon per person per day for at least 3 days for drinking and sanitation.
- ✓ Food - at least a 3-day supply of non-perishable food.
- ✓ Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert and extra batteries.
- ✓ Flashlight with extra batteries.
- ✓ First-Aid kit. (including a first-aid book)
- ✓ Whistle to signal for help.
- ✓ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- ✓ Moist towelettes, garbage bags, and plastic ties for personal sanitation.
- ✓ Wrench or pliers to turn off utilities.
- ✓ Cell phone with chargers and a backup battery.

### Additional Emergency Supplies

- ✓ Soap, hand sanitizer and disinfecting wipes to disinfect surfaces.
- ✓ Prescription medications. About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
- ✓ Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives.
- ✓ Prescription eyeglasses and contact lens solution.
- ✓ Infant formula, bottles, diapers, wipes and diaper rash cream.
- ✓ Pet food and extra water for your pet.
- ✓ Cash or traveler's checks.
- ✓ Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container.
- ✓ Sleeping bag or warm blanket for each person.
- ✓ Complete change of clothing appropriate for your climate and sturdy shoes.
- ✓ Fire extinguisher.
- ✓ Matches in a waterproof container.