

Be Prepared for an Emergency

At a minimum, you should have the basic supplies listed below:

<p>Water: one gallon per person, per day</p>	
<p>Food: non-perishable</p>	

Flashlight



Battery powered radio



Extra Batteries



First Aid Kit
See list for more
information



Medications 7
day supply



Multi-purpose
tool



Sanitation and personal Hygiene items



Toothpaste and Toothbrush



Copies of personal documents



Medication	Dosage	Frequency	Start date	Purpose	Prescribing doctor



Cell phone with chargers



Emergency contact information

CONFIDENTIAL
Emergency Contact Information

Date: _____

Name _____ Telephone _____
Name _____ Special Needs _____
Home Address _____ Telephone _____
Cell Number(s) _____ Email Address _____
Sex _____

Parties with key to YOUR address:

#1 Name _____ Relationship _____
Home Address _____
Telephone Number _____ Cell Number(s) _____

#2 Name _____ Relationship _____
Home Address _____
Telephone Number _____ Cell Number(s) _____

Next of Kin:

#1 Name _____ Relationship _____
Address _____
Telephone Number _____ Cell Number(s) _____

#2 Name _____ Relationship _____
Address _____
Telephone Number _____ Cell Number(s) _____

Extra cash



Emergency blanket





Maps of the area

