



# Are You Ready?

## Recommended Disaster Supply Kit

### Emergency Identification:

- Duplicate identification for all family members
- Duplicate prescription for medication and glasses
- Contact numbers of family members and meeting point location map
- Duplicate residency verification
- List of valuables for insurance claims

### Basic emergency supply kit could include the following recommended items:

- *Water:* one gallon of water per person per day for at least three days, for drinking and sanitation
- *Food:* at least a three-day supply of non-perishable food
- *First aid kit and thermometer*
- Battery-powered or hand crank radio; NOAA Weather Radio w/ tone alert & extra batteries for both
- Flashlight and extra batteries
- 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
- Manual can opener for food
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and Pencil
- Cell phone with chargers, inverter or solar charger
- Cash, travelers checks and rolls of change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Change of clothes per family member (long sleeves, long pants, extra shoes)
- Sleeping bags or blankets and pillows
- Childs comfort kit: books, games, puzzles or other activities for children

### Additional items may be:

- Infant formula and diapers
- Feminine supplies and personal hygiene items
- Pet food and extra water for your pet; Pet medical records and prescriptions
- Hearing-aid batteries
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container. Candles.
- Extra eyeglasses and dentures

### Family Activity:

1. Gather items for emergency kit
2. Discuss meeting point location if unable to return home
3. Provide information of meeting point contact to family members.
4. Identify an out-of-town contact as a designated person to call, text, or email

*Distributed by: Delta Sigma Theta Sorority, Incorporated-Emergency Response Team (Delta-ERT)*