



Emergency First Response
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Emergency Preparedness and You

Keep in mind that you and your family may have to be self-sufficient for three to five days. You should plan to have a common meeting place for your family and the following items on hand and stored in a convenient, cool and dry area.

Family Emergency Preparedness Checklist

Complete a CPR, AED and first aid training course

Non-perishable food for your family for 5 Days

Water

Cash and credit cards

Barbeque, camping stove and fuel for cooking

Pans, eating utensils, including disposable knives, forks, spoons, paper plates/bowls

Paper towels and moistened towelettes

Waterless hand sanitizer

Fire extinguisher

Pet food

Knives and scissors

Zip-lock bags, plastic wrap, foil, trash bags

Toiletries, including feminine products

First aid kit (see list of recommended items below)

List of family members' medications

5 days of medications, prescription and OTC for each family member

Sunscreen

Insect repellent

Signaling devices: flares, mirror, whistle

Portable battery-operated AM/FM radio

Lantern with batteries or fuel

Matches

Flashlights

Extra Batteries for radio, lantern and flashlights

Clothing and shoes comfortable enough to walk in

Jackets, hats and gloves for cold weather

Sleeping bags

Hand tools: hammer, screw drivers, pliers etc.

Duct tape

Toys and books

Walkie-Talkie radios for personal communications

Think ahead about the types of disasters that are likely to affect you. (Examples are earthquakes, Tsunamis, hurricanes, tornados, plane/car/train accidents, and fires.) Also consider the weather in your area. Use these factors as a guide to customize your family's kit. Most importantly, learn CPR and first aid, as emergency services may be unavailable or delayed.