

Emergency Preparedness PERSONAL SURVIVAL KITS

Personal Survival Kits should contain essential survival supplies that will help you through any situation for a minimum of the first 24 hours.

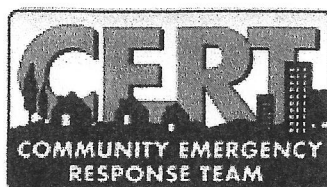
Everyone in your family should have their own personal disaster kits. These kits are collections of supplies they may need when an emergency strikes.

Personalize these kits and keep them where they can easily be reached—at home, at work or school. A backpack or other small sturdy bag is best for these kits so that they can be easily carried in an evacuation. Include the following items:

- **Water** – 4 - 8 oz. boxes or pouches of water (5 year life)
- **Food** – 4 - Meal Size Energy Bars (5 year life)
- **Warmth/Shelter** - 1 Survival Blanket, 1 Poncho
- **Medical Supplies** - Personal Size First Aid/Medical Kit, Medications and signed medical consent forms for dependents
- **Lighting** - Small Flashlight with batteries (hand-cranked, if possible), 1 or 2 12-hour light sticks
- **Radio** - 1 – AM/FM Radio with batteries (hand-cranked, if possible)
- **Support Supplies** - 1 whistle, 1 pair work gloves, 1 dust mask, 1 pack wet wipes, 1 Pocket Tissue Package, 1 - 30 Gallon Plastic Bag, 1 - 10 Gallon Plastic Bag

Plus the following personalized items:

- Spare eyeglasses and personal hygiene supplies.
- Emergency cash.
- List of emergency contact phone numbers who are out of the area.
- Comfort items, such as games, crayons, writing materials, and teddy bears



For information on CERT training Or Emergency Preparedness Training for individuals or your business
Call North Coast Opportunities at 467-3200 ext 316