



## Preparing a storm emergency kit

Storms and natural disasters can occur at any time and without warning. Now's the time to prepare by gathering items in your family emergency kit. If you already have a kit, be sure to check that it includes these items and that they are in working order. Don't forget to check expiration dates on food and medication.

- Water – the American Red Cross recommends one gallon of water per person per day
- Food – at least a three-day supply of non-perishable food, plus a can opener
- Battery-powered or hand crank radio
- Flashlight and extra batteries
- First-aid kit
- Moist towelettes, garbage bags and plastic ties for personal sanitation; personal hygiene supplies
- Extra cash
- Cell phone with chargers
- Emergency contact numbers

**Consider the needs of everyone in your household, including pets.**

**You may want to include:**

- Prescription medications and glasses/contacts, hearing aids and extra batteries
- Infant formula and diapers
- Pet food and extra water for your pet. Be sure to include pet dishes, leashes or collars
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Fire extinguisher
- Matches in a waterproof container
- Paper cups, plates and plastic utensils, paper towels and zipper-type plastic bags
- Paper and pencil
- Books, games, puzzles or other activities for children