

Are you ready for an **EMERGENCY**?



Water

Ensure you have 2 liters per person per day (for minimum 72 hours).



Radio

A wind-up or battery powered radio will allow you to get important updates if phones or electricity is out. (Pack extra batteries.



Food

Pack non-perishable food items that require minimum preparation, consider items like protein bars and dried foods. Replace food annually.

Cash

Have access to cash. Banking services may not be available, and you may need cash to access further supplies.



Flashlight

Pack a wind-up or battery powered flashlight (with extra batteries). Consider packing candles, a lighter and matches as back up.



First Aid

Ensure you have a well stocked first aid kit, and back up power for any specialised medical equipment. Make sure prescriptions are always filled, with extra on hand.

Additional items:



Tools, extra keys, pet supplies, infant formula/baby food, diapers, cell phone charger, toilet paper, garbage bags, important documents (identification, banking info, insurance records), sleeping bags

Always have an **EMERGENCY KIT** at home with enough supplies to last your family 72 hours.

If someone is injured or in distress – call 911 and ask for **Paramedics**.

