



ARE YOU PREPARED?

- Do you have an emergency plan?**
Do you know what to do, where to go, who to call, and how to use the supplies in your kit?
- Do you have enough food and water on hand for at least 72 hours?**
Minimum 1200 calories and 2L of water or water purification supplies per adult per day.
- Do you have a light source and a means of communication?**
Including a hand-crank or battery-operated flashlight and radio if cell towers are down.
- Do you have a first aid kit designed for your skill level?**
Are you trained to use equipment like CPR masks or tourniquets?
- How will you stay warm & dry if you must camp outside?**
Do you have lightweight blankets or a tent? Sleeping bags? Fire starter?
- Do you have a sanitary storage/disposal method for waste?**
Do you have hole-free plastic bags on hand? Sanitization methods? Toilet paper?
- Have you checked your emergency supplies in the last 6 months?**
Is your food and water expired? Do your batteries work? Is your kit in good shape?
- Does your kit have copies of irreplaceable items and documents?**
Cash, digital copies of family photos and documents, medicine, and spare glasses?