

Emergency Comfort Kits

A major emergency/disaster could cause you to spend an extended time away from home and you will want to have supplies to keep you as comfortable as possible.

Suggested Personal Grab 'n Go Kit

(personalize for your needs & keep with you at all times)

Bottled water

Flashlight/radio

Nutritious foods (dried fruits, granola bars, nuts or beef jerky)

Whistle

Personal medications

Emergency blanket and garbage bags

Personal toiletries

Extra pair of eye glasses

Dust masks and gloves

Extra money, coins, phone cards

Family photos (recent)

Book and/or game

Personal papers (copies of insurance, emergency contacts, prescriptions & identification)



Suggested Car Kit

(**Keep up car maintenance and fuel so you don't get stuck)

Bottled water

First aid kit & manual

Nutritious foods (dried fruits, granola bars, nuts or beef jerky)

Fire extinguisher

Comfortable, sturdy walking shoes

Flashlight (extra batteries)

Warm blanket

Flares, candles w/matches & jar

Heavy-duty work gloves (leather)

Ziploc bags, toilet tissue

Dust masks and gloves

Hardhat

Change of clothing

Large, sturdy backpack

Road map & compass

Deck of cards, good book

Shovel and sand, kitty litter or other traction aids

Ice scraper and brush

Duct tape and garbage bags

Booster Cables



Contact Numbers to Use In Case of Emergency (ICE)

Your **cell phone** can help in times of crisis. It can be used to call 9-1-1 or the police, as well as to reunite loved ones separated during a disaster.

At the scene of an accident, first responders or rescue services arrive and want to treat you quickly and also notify your family or friends.

You can make their job easier by adding entries in your cell phone address book under the label **ICE** with the names and phone numbers of people that should be notified in case of an accident or injury. Simply put the acronym **ICE** before the names you want to designate — creating entries such as **ICE1**, **ICE2** and **ICE3** etc.

It only takes a few seconds to help Responders know right away who to notify.

Congratulations! You are ready to look after your basic needs wherever you are!

