

## GET PREPARED ACTION KIT

Helping PEOPLE, COMMUNITIES and the PLANET



www.redcross.org

Join Friends for Change and the American Red Cross to learn how you can help your friends and family prepare for emergencies!



your family and work together to gather supplies in an easy-to-carry kit. Backpacks or pillowcases work great!

## KIT CHECKLIST:



**WATER**1 gallon per person, per day



## **FOOD**

Simple, non-perishable food like nuts, granola bars, dried fruit, etc.



**BLANKET** 



FIRST AID KIT



FLASHLIGHT & EXTRA BATTERIES



**CASH** (dollars & coins)





Print Emergency Contact Cards for each family member to carry at: http://www.redcross.org/prepare/ECCard.pdf

**(2**)

MAKE A PLAN: Download, print and fill in the blanks below to create your family's emergency plan. Then practice it! Be sure to include this in your kit.

FAMILY EMERGENCY PLAN:		
1) Family meeting place close to home:		
2) Family meeting place outside neighborhood:		
3) Contact info for family members:		
Name	Cell	Email
Name	Cell	Email
4) Emergency contact outside my community:		
Name	Cell	Email
5) Emergency Contact Numbers:		
Emergency Medical Service (EMS):	Fire Department:	Police:

BE INFORMED: Visit www.redcross.org to learn more about the three steps of preparedness and the disasters or emergencies that may occur in your area.

Follow the information checklist below and know how to:

## **INFORMATION CHECKLIST:**



Get news, radio updates, TV, Internet, etc.



Understand weather alerts and warnings



Protect yourself during disasters that may occur in areas where you travel or have moved recently



Have a family member get trained in CPR and first aid



Share your knowledge with your family, friends and neighbors.



TO FIND OUT MORE WAYS TO GET PREPARED, VISIT: