



Emergency First Response
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Emergency Preparedness and You

Keep in mind that you and your family may have to be self-sufficient for three to five days. You should plan to have a common meeting place for your family and the following items on hand and stored in a convenient, cool and dry area.

Family Emergency Preparedness Checklist

Complete a CPR, AED and first aid training course
Non-perishable food for your family for 5 Days
Water
Cash and credit cards
Barbeque, camping stove and fuel for cooking
Pans, eating utensils, including disposable knives, forks, spoons, paper plates/bowls
Paper towels and moistened towelettes
Waterless hand sanitizer
Fire extinguisher
Pet food
Knives and scissors
Zip-lock bags, plastic wrap, foil, trash bags
Toiletries, including feminine products
First aid kit (see list of recommended items below)
List of family members' medications
5 days of medications, prescription and OTC for each family member
Sunscreen
Insect repellent
Signaling devices: flares, mirror, whistle
Portable battery-operated AM/FM radio
Lantern with batteries or fuel
Matches
Flashlights
Extra Batteries for radio, lantern and flashlights
Clothing and shoes comfortable enough to walk in
Jackets, hats and gloves for cold weather
Sleeping bags
Hand tools: hammer, screw drivers, pliers etc.
Duct tape
Toys and books
Walkie-Talkie radios for personal communications

Think ahead about the types of disasters that are likely to affect you. (Examples are earthquakes, Tsunamis, hurricanes, tornados, plane/car/train accidents, and fires.) Also consider the weather in your area. Use these factors as a guide to customize your family's kit. Most importantly, learn CPR and first aid, as emergency services may be unavailable or delayed.