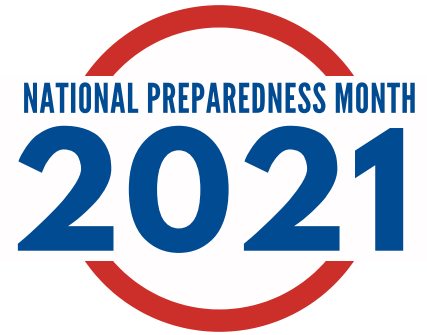


# NATIONAL PREPAREDNESS MONTH



## GRAB THAT GEAR

Last week we talked about how being prepared starts with planning what to do before, during, and after a disaster. We also introduced the hazards that are most likely to impact us here in Williamson County.

This week, we're talking about building a kit. Also known as a basic disaster kit, an emergency kit, a go-bag, or survival gear...you can call it what you like, as long as you have the right items!

### A LOOK AT THIS MONTH:

Week 1: Make a Plan

**Week 2: Build a Kit**

Week 3: Low-Cost, No-Cost Preparedness

Week 4: Teach Youth About Preparedness

### WEEK 2: BUILD A KIT

Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly.

# BUILD A KIT

**BY ADRIENNE SNAP,  
EMERGENCY MANAGEMENT OFFICER**

Building a kit begins with two steps:

1. Plan for any situation where you'd be cut off from basic essentials for 72 hours
2. Identify essentials items because they're the foundation of your disaster kit

## THE BASICS



1. **Water:** The rule of thumb here is “*one gallon per person per day*” according to the American Red Cross.



2. **Food:** The easier to prepare, the better! Also, purchase *non-perishable items*.



3. **Flashlight:** You don't want to rely on your phone's flashlight if you've lost power. Save your phone battery for communication needs and get a real flashlight.



4. **Battery powered or hand-crank radio:** If you can purchase a NOAA weather radio, that would be your most reliable source. They don't just broadcast weather, NOAA weather radios will also broadcast news and some can charge your phone!



5. **Extra Batteries:** This is important as different items require different size batteries. Please be aware of your needs so you purchase and store the correct sizes. This includes your typical AA and AAA sizes, as well as larger sizes for flashlights. Throw in portable battery packs and charging cables for phones, too.



6. **First Aid Kit:** It's recommended to get a deluxe family-sized kit.

## GET SPECIFIC

After purchasing the basics, look at the individual needs of your family. This can include specific medications or personal hygiene items.



Do you have a baby in the family? Don't forget those diapers, wipes, and formula! Extra blankets and sleeping bags can be helpful if you are evacuating children.



Do you have someone who needs certain medication? Make sure you have these packed in your disaster kit. Check to verify they are stored properly according to the manufacturer's instructions, and that you pack enough to support *7 days* without access to a pharmacy or doctor's office.



Pets are part of the family and they'll need food and water. Don't forget to include items for their survival as well!

It's important to also include blankets, cash, physical maps of the area, and a waterproof container with personal documentation. Personal documentation includes:

1. Medical information
2. Proof of address
3. Insurance documents and home/lease documentation
4. Birth certificates and passports (if available)

## GOING PLACES

Since your disaster kit is at home, there are a few things to also keep in your vehicle:

1. Reflective triangles
2. Blankets and cold weather clothing
3. First aid kit
4. Water and non-perishable foods
5. Jumper cables and a properly inflated spare tire, along with a tool kit
6. A reflective vest and rain poncho

This may sound like a lot, but it can be planned for! Each time you go to the grocery store, grab an item or two to add to your kit. Most importantly, check your stock monthly to make sure the items within your kits are still in good condition and do not need to be replaced.

Store disaster kits in an easy to reach place, off the ground, and in a temperature-controlled environment. Vehicle kits should stay in your vehicle, in your trunk or under your seats.

## CHECKLISTS

Use the checklists on the next page to get started on building your kits! Visit [ready.gov/kit](https://www.ready.gov/kit) for more suggestions.



# BASIC DISASTER KIT



- water for 3 days, 1 gallon per person per day
- 3 day supply of non-perishable food and can opener
- hand-crank radio and battery-powered AM radio/weather radio
- flashlight and batteries
- first aid kit
- whistle to signal for help
- dust mask and duct tape
- wet wipes, garbage bags, ziploc bags, plastic ties, utensils
- wrench or pliers to turn off utilities
- local maps, paper, pencil, pen
- phone chargers
- important documents: insurance info and birth certificates
- pet supplies, including pet food
- cash
- umbrella
- blankets

## VEHICLE KIT



- reflective triangles
- blankets and cold weather clothing
- first aid kit
- water and non-perishable foods
- jumper cables
- a properly inflated spare tire
- toolkit

## YOUR SPECIFIC ADD-ONS

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