

## Emergency Car Kit

- Warm clothing
- Blanket or sleeping bag
- Water
- Nonperishable food
- Jumper cables
- First aid kit & Medications
- Distress flag or flares



### Checklist for Preparedness Kit items:

Maintaining a disaster supply kit is just as important as putting one together. Every six months your and your family should inspect your kit for expiration dates or damage. Storing these items in a durable easy to carry container such as a backpack or unused trashcan will help keep them safe. This will also give you and your family the opportunity to re-think your needs and update your kit.

For additional information on disaster supply kits see:

[www.redcross.org](http://www.redcross.org)

[www.fema.gov](http://www.fema.gov)

[www.ready.gov](http://www.ready.gov)

	<u>Yes</u>	<u>NO</u>
◆ Water	<input type="checkbox"/>	<input type="checkbox"/>
◆ Food	<input type="checkbox"/>	<input type="checkbox"/>
◆ Medications and Special Items	<input type="checkbox"/>	<input type="checkbox"/>
◆ Tools & Supplies	<input type="checkbox"/>	<input type="checkbox"/>
◆ Sanitation	<input type="checkbox"/>	<input type="checkbox"/>
◆ Clothing & Bedding	<input type="checkbox"/>	<input type="checkbox"/>
◆ Important Documents	<input type="checkbox"/>	<input type="checkbox"/>
◆ First Aid Kit	<input type="checkbox"/>	<input type="checkbox"/>
◆ Emergency Car Kit	<input type="checkbox"/>	<input type="checkbox"/>

## Get Prepared

A guide to  
Preparing your family  
with a disaster  
Supply kit

**Laramie County Emergency  
Management Agency**

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# Are You Prepared?

Pandemic Flu, Tornado, Snow Storm, Flash Flood, Hazardous Materials Spill, Earthquake, are just a few of the possible disasters that could effect you. As citizens of Laramie County are you and your family prepared for a disaster?

You may need to survive on your own after a disaster. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days (72 hours). Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days.

Basic services such as electricity, gas, water, and telephones may be cut off for days, weeks, or even longer. Or, you may even have to evacuate at a moment's notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you need.

A disaster supplies kit is a collection of basic items that members of a household may need in the event of a disaster.

# What should a Disaster Supply Kit Contain?

It is important that you have a disaster supply kit for your home and for your cars. The following are the primary items a disaster kit should have. Additional items may be needed depending on your families individual needs.

## Water

- One gallon per person or pet per day
- Store water in plastic containers such as milk cartons or soft drink bottles.

## Food

- Store food that does not require refrigeration, preparation, or cooking, and little or no water.
- Canned meats, fruits, vegetables, and juices are recommended.
- Food for infants
- Pet food

## Medications & Special Items

- Durable or disposable medical equipment
- Non-prescription drugs such as aspirin or non aspirin pain reliever.
- Medications that are specific for individuals in your family such as insulin for diabetics.

## Sanitation

- Personal hygiene items
- Toilet paper, towelettes
- Feminine Supplies
- Disinfectant
- Household chlorine bleach

## Tools & Supplies

- Flash light, battery operated radio, and extra batteries
- Mess kits, or paper cups, plates, and plastic utensils
- Cash or Travelers checks, change
- Fire extinguisher: ABC type
- Tent
- Tool box including wrench for turning off gas and water
- Plastic sheeting
- Utility knife

## Clothing & Bedding

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal Underwear

## Important Family Documents

- Id's, Passports, Social Security Cards
- Will, Insurance policies, contracts, stocks
- Bank account information
- Keep these records in a waterproof, portable container.
- Scan and save these items on a thumb drive or disc and send to a family member in case the original are destroyed.

## First Aid Kit

- Sterile bandages
- Tape
- Antiseptic whipes
- Gloves
- Scissors
- Face mask