

Prepare Ahead ✓
Survive During ✓
Be Safe After ✓



TRURO EMERGENCY MANAGEMENT

EMERGENCY KIT

Prepare your emergency kit with at least these items:

BASICS

- Water (1 gallon per person per day for at least 3 days)
- Food (at least a 3 day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio and extra batteries
- Flashlight and extra batteries
- First Aid Kit
- Whistle (to signal for help)
- Dust mask
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or plier (to turn off utilities)
- Can opener for food
- Local maps

ADDITIONAL ITEMS

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water
- Important family documents (insurance policies, bank information, identification, etc.)
- Cash or traveler's checks and change
- Emergency reference material
- Sleeping bag or warm blanket for each person
- Complete change of clothing
- Household chlorine bleach and medicine dropper (Disinfectant- 9 parts water: 1 part bleach. Treated water- 16 drops of bleach: 1 gallon of water)
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles, or other activities for children

Or purchase a pre-made kit. Examples of pre-made kits available here:

<https://www.emergencykits.com/residential-emergency-kits/emergency-kits-2-person/home-pack-emergency-kit-2-person/>

<https://www.redcross.org/store/basic-3-day-emergency-preparedness-kit/91051.html>

*Adapted from www.ready.gov "Emergency Supply List"