

Maintaining an emergency supply kit is a good idea for any emergency. Individuals and organizations should be prepared to be without assistance for a minimum of 72 hours.

- Battery-powered radio, flashlights, batteries.
- Whistle
- First aid kit and manual
- Hard hats
- Duct tape
- Fluorescent tape to rope off dangerous areas
- Water
- Food (canned, no-cook, packaged snacks)
- Manual can opener
- Cash and credit cards

- Change of clothing, rain gear, and sturdy shoes
- Blankets or sleeping bags
- Fire extinguisher (A-B-C) type
- Infant and feminine hygiene supplies
- Names, addresses, and telephone number of doctors and pharmacist
- Food and water for pets
- Large plastic bags for trash, waste, water protection
- Toilet paper and paper towels
- Charcoal grill or camp stove for outdoor cooking

The following are some recommended ready-to-eat foods for your family should there be a three-day power failure. Multiply these quantities for the number of people in your family.

- 1 box of dry milk envelopes
- 2 boxes of cookies

- 1 box of crackers
- 1 or 2 six-pack juice
- 2 packages powdered lemonade or tea mix
- 1 box instant chocolate or breakfast drink
- 1 box dry cereal (sugar packets if needed)
- 1 or 2 packages dry fruit
- 1 package pudding ready to eat (snak-pak)
- 6 cans non-perishable meats (vienna sausage/meat spread/tuna/pork & beans)
- 1 small jar peanut butter
- 1 loaf of bread (mayonnaise/ketchup/mustard packets)
- 1 or 2 gallons fresh water

- 2 or 3 cans canned fruits, if desired