

Family Emergency Kits: Is Yours Ready?

If 2020 has taught us anything, it is to be ready for ... well, for anything.

Disasters (typically those related to weather, such as recent wildfires in California) can happen anytime, so it's important to be prepared ahead of time. A big part of this preparedness includes having a "bug-out" kit full of essential gear you can grab at a moment's notice.



Here, according to the American Red Cross and other experts, are the bare-minimum supplies your family kit should include:

- ▶ Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home).
- ▶ Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home).
- ▶ At least one flashlight.
- ▶ Battery-powered or hand-crank radio (a NOAA Weather Radio, if possible).
- ▶ Extra batteries as needed.
- ▶ A deluxe family first aid kit.
- ▶ Medications (a 7-day supply is suggested) and medical items.
- ▶ Multi-purpose tool.
- ▶ Sanitation and personal hygiene items.
- ▶ Copies of all personal documents (a medication list and any pertinent medical information, proof of address, the deed or lease to your home, passports, birth certificates, and insurance policies).
- ▶ Cell phones and chargers.
- ▶ Family and emergency contact information.
- ▶ Extra cash.
- ▶ Emergency blankets.
- ▶ Maps of the area.

Beyond those essentials, consider the needs of all family members and add these supplies to your kit as needed:

- ▶ Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.).
- ▶ Baby supplies (bottles, formula, baby food, diapers).
- ▶ Games and activities for children.
- ▶ Pet supplies (collar, leash, ID, food, carrier, bowl).