

Suggested Preparedness Pack Equipment List

Each family should keep the following items in your backpack **for your use** during a disaster:

- Medical ALERT Info and ICE Contact Card (in case of emergency)
- Cash - \$50.00 – make sure to have some coins for phone, vending machines, etc.
- Water – 2 pints for each family member per day is minimum
- Snacks – Energy bars, hard candies, jerky, granola mix, and honey packets or whatever you would want (store in sealed baggie to keep dry - honey never spoils)
- MRE's 3 per person.
- Personal Medications
- Extra pair of reading glasses
- Sanitation/Comfort items: sunscreen, insect repellent (Deet) wipes, hand sanitizer, baby wipes, chap stick, toilet paper, foot powder, blister protection, extra baggies of different sizes, etc.
- Knife, with fork, spoon (eating utensils)
- Flashlight and extra bulbs and batteries
- Headlamp flashlight with extra batteries and bulbs
- Whistle (distress signal)
- Pocket Folding Knife
- Emergency Blanket – Aluminum type
- Emergency Drinking water purification tablets (Katadyn)
- Compass
- Bandanna, bright color for signal flag if needed
- 4 in 1 screwdriver or Leatherman multipurpose tool
- Extra pair of leather gloves
- Safety glasses
- Disposable N-95 dust mask with double straps (3)
- Disposable nitrile gloves
- Sunglasses – 100% UV protection
- Duct tape
- Green or Yellow Glow Sticks (dozen)
- Plastic zip ties (variety of sizes)
- Small notebook – sharpie, pens, pencils
- First Aid Kit (below)

Clothing and Items for PACK:

- Hat (Sun/Rain protection) helps keep heat in body
- Boots, ankle support, traction sole
- Rain gear
- 50-gallon garbage bags (windbreaker, rain poncho, etc.)
- Wool/fleece warming layer for unexpected weather
- Extra dry socks (2 pair) stored in sealed baggie
- Extra pair pants & shirt

Vehicle PACK:

Make sure you have a vehicle pack.

- Change of clothes (pants, shirts, under garments)
- 3 tarps (emergency tent, shelter from weather)

- Emergency blanket – aluminum
- Battery powered radio plus extra batteries
- Ball of Twine
- 75' nylon rope
- Shovel – compact/fold-up type
- Magnesium Fire Starter
- Two cases of bottled water

First Aid Supplies:

- 4x4 (6)
- 5x9 (3)
- Gauze roll (3)
- Tape (1)
- Alcohol wipes re-sealable container(1)
- Neosporin ointment packets/ spray (5 packets or 1 spray)
- Insect sting swabs
- Benadryl
- Eye wash – 20 ml bottle
- Super glue
- Band-aids

PET Supplies:

- Dog & Cat food (dry or can)
- Pet Medications
- Water bowl – collapsible
- Water – 2 pints per day minimum
- Favorite pet toy
- Flea & Tick Medication