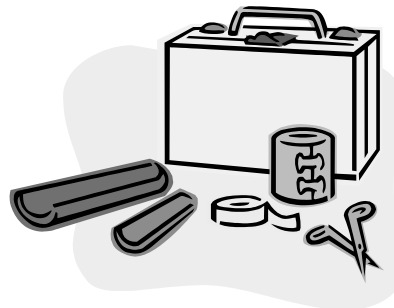




72-HOUR EMERGENCY DISASTER SUPPLIES KIT

When disaster strikes, the roads may be blocked or impassable, and it may take several days before assistance can reach you. It is critical that you develop an emergency plan and assemble an emergency supply kit to last the first 72 hours of a disaster. Assemble supplies you might need in an evacuation or disaster. Store them in an easy-to-carry container, such as a backpack or duffle bag.

- ☑ A supply of fresh water (One gallon per person per day) Store water in sealed unbreakable containers. Identify the storage date and replace every 6 months.
- ☑ A supply of non-perishable packaged or canned food and a non-electric can opener
- ☑ A change of clothing, rain gear and sturdy shoes
- ☑ Blankets or sleeping bags
- ☑ A first aid kit and all prescription medications
- ☑ An extra pair of glasses
- ☑ A battery-powered radio, flashlight and plenty of extra batteries
- ☑ Cash and credit cards
- ☑ An extra set of car and house keys
- ☑ A list of family physicians
- ☑ The style and serial numbers of medical devices, such as pacemakers
- ☑ Special items for infants, elderly or disabled family members, such as baby food, diapers, medicine, extra hearing aid and batteries
- ☑ Copies of essential family documents and records should be stored in a waterproof container or airtight plastic bag. Include copies of your will, driver's license, insurance policies, contracts, deeds, stocks and bonds, life insurance beneficiary, powers of attorney, passports, insurance cards, immunization records, bank account numbers, credit card account numbers and companies, inventory of valuable household goods, important telephone numbers, family records (birth, marriage, death certificates).



For more information, please contact the Northwest North Carolina Chapter at (336) 724-0511 or visit us on our website at www.nwnc-redcross.org.