EMERGENCY SUPPLY KIT CHECKLIST

AT HOME

- ☐ Water/food (3-5 day supply per person)
- ☐ First aid kit
- ☐ Emergency contact information
- ☐ Money
- ☐ Whistle
- ☐ Personal hygiene items
- ☐ Extra clothing/bedding
- ☐ Plates, cups, utensils and non-electric can opener
- ☐ Flashlight
- ☐ Weather radio
- ☐ Extra batteries for flashlight and radio
- ☐ Medications (at least a week's worth per person)
- ☐ Copies of important documents (IDs, birth certificates, insurance policies, etc.)
- ☐ Items for your infant (formula, diapers, bottles, etc.)
- ☐ Items for your children (toys, books, games, puzzles)

FOR YOUR PET

- ☐ Pet carrier
- ☐ Food & water (3-5 day supply per pet)
- ☐ Medications
- ☐ Copy of current vaccination record
- ☐ Small toys or other items that may make your pet more comfortable in an unfamiliar setting

IN THE CAR

- ☐ Bottled water/prepackaged fruit and nuts
- ☐ Flashlight w/extra batteries
- ☐ First aid kit w/pocket knife
- ☐ Blankets and/or sleeping bags
- ☐ Plastic bags, moist towlettes, hand sanitizer
- ☐ Matches
- ☐ Whistle
- ☐ Rain gear, extra clothes, extra socks, mittens and wool cap
- ☐ Jumper cables
- ☐ Life Hammer® or other emergency hammer (to shatter glass)
- ☐ Small shovel and other tools (especially in winter)
- ☐ Window scraper (during winter months)
- ☐ Small sack of kitty litter or sand for traction (in winter)

Be Ready Iowa

WWW.BEREADY.IOWA.GOV

Our Mission

To support, coordinate and maintain state and local homeland security and emergency management activities in order to establish sustainable communities and ensure economic opportunities for Iowa and its citizens.

Iowa Department of Homeland Security & Emergency Management
7105 N.W. 70th Ave.
Camp Dodge, Bldg. W-4
Johnston, Iowa 50131-1824
www.homelandsecurity.iowa.gov

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ARE YOU PREPARED?

A Guide to Emergency Preparedness

Iowa Department of Homeland Security & Emergency Management

ARE YOU PREPARED?

Being prepared means making an emergency plan, building an emergency kit and being aware of the hazards that can impact you. Whether you are at home or at work, emergencies like tornadoes, flooding or winter storms can occur quickly and without warning. We can't prevent emergencies, but we can prepare for them.

1 FIRST, YOU NEED TO MAKE A PLAN.

Create a family communication plan. Choose an out-of-town relative or friend to be a contact point for your family members if you are separated during an emergency. Make sure all family members have the information for your point of contact in their phones, wallets or backpacks.

Know the emergency plan for your workplace. Ask your employer what plans are in place if an emergency happens while you are at work. Important things to know are evacuation and shelter-in-place plans and the location of emergency supplies, such as first aid kits.

Plan for people with special needs. Make sure those who have special needs, such as elderly family members and neighbors, know what they should do, where they should go, or who they should call during an emergency.

Plan for pets. Most shelters do not accept pets so don't forget to make plans for these important members of your family. Prepare a list of kennels, friends and family members who may be able to care for your pet in an emergency and make sure you have food and supplies for your pet in your emergency kit.

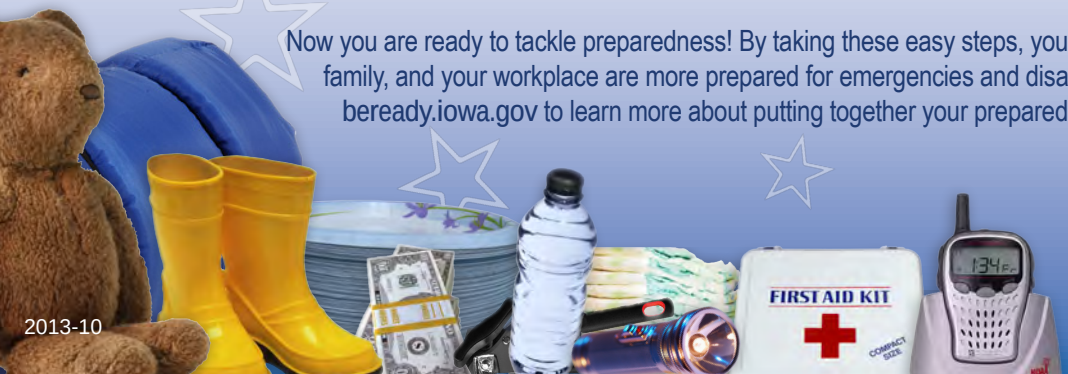
2 SECOND, BUILD A KIT.

During an emergency, there are items you and your family will need. Build an emergency kit and keep it in a place known to all members of your household where it will be easy to grab on the go. Review the contents of your kit periodically.

3 THIRD, YOU'VE GOT TO BE AWARE.

Learn about the hazards that can affect your community. Snow storms, extreme heat, tornadoes and flooding can impact us at home, work or play. Pay attention to the news. Invest in a NOAA weather radio to receive weather alerts. Install weather or emergency alerts on your mobile phone.

Now you are ready to tackle preparedness! By taking these easy steps, you will ensure you, your family, and your workplace are more prepared for emergencies and disasters. Visit www.beready.iowa.gov to learn more about putting together your preparedness game plan.



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POCKET FAMILY EMERGENCY PLAN

CONTACTS

Emergency Contact Person _____ Phone _____

Other Contact _____ Phone _____

Other Contact _____ Phone _____

Other Contact _____ Phone _____

Other Contact _____ Phone _____

FAMILY MEETING SPOTS

Close to home _____

Outside of neighborhood _____

PET PLANNING

Vet _____ Phone _____

Kennel/boarding _____