



## Get Prepared, Stay Prepared

No matter the season, it is important to have a disaster plan for yourself and your family. Below is a list of items to consider having on hand:

**Water\*** 1 gallon per person per day for 3-5 days (1/2 drinking water; 1/2 sanitation & cooking)

### Food\*

- Manual can opener
- 3-5 day food supply requiring minimal water, no refrigeration, prep or cooking (canned goods, granola bars, trail mix etc.)

### First Aid Kit \*\*

- Prescription & non-prescription medications
- Pre-packaged first aid kit
- Extra eye glasses/ contacts plus solution

### Records and Financial Documents

- Cash (small bills)
- Originals of important documents placed in a safe place
- Emergency phone numbers

### Sanitation Supplies

- Toilet paper
- Soap
- Garbage bags
- Plastic bags with seals
- 5 gallon bucket with lid
- Disinfectant
- Pre-moistened towelettes
- Diapers, other hygiene products

### Clothing & Bedding

- One complete change of clothing
- Sturdy footwear
- Sleeping bag (or two blankets) per person

### Other Items

- Games, toys books
- Pet supplies
- Care items unique to infant, elderly, & disabled family members
- Extra set of keys

### Survival Tools and Equipment

- Battery powered radio.
- Flashlight
- Extra bulbs and batteries
- Road map
- Wrenches, duct tape, whistle and utility knife
- Cell phone

- Call letters and dial settings of your local Emergency Alert System stations taped on radio and TV
- Sign up for Emergency Alerts on cell phone



\*Rotate food and water every six months

\*\*Keep first aid supplies in home and car

For more information and detailed lists go to [www.vaemergency.gov/prepare/supply-kit](http://www.vaemergency.gov/prepare/supply-kit)



"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2