

Western Reserve ILC Emergency Preparedness



Lesson 5

Build this kit to take with you in case of evacuation or keep in car

1. A lightweight flashlight and batteries
2. Knowing where your emergency documents are
3. Signaling devices (to alert responders of your location)
4. First aid kit
5. Emergency documents (prescriptions, contact list, health information, insurance and benefits cards)
6. Special medicines and/or equipment needs
7. Pad and pencil to write on, or a tape recorder

Build this kit to keep at home while awaiting responders

1. A lightweight flashlight and batteries
2. Knowing where your emergency documents are
3. Signaling devices (to alert responders of your location)
4. First aid kit

5. Emergency documents (prescriptions, contact list, health information, insurance and benefits cards)
 6. Special medicines and/or equipment needs
 7. Pad and pencil to write on, or a tape recorder
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1. 3 gallons of water in plastic containers
 2. 3 days non-perishable supply of food plus cans of sterno and matches
 3. First aid kit
 4. Clothing and bedding (blankets, sleeping bag, one change of clothes, footwear, gloves)
 5. Tools and emergency supplies (cash, shut off wrench, duct tape, matches)
 6. Special medical needs for babies or pets
 7. Entertainment needs (cards, games, books, etc.)