

**Lutheran Disaster Response
National Preparedness Month 2009**

Make a ReadyKit

Items to include in a Basic Emergency Supply Kit:

- Water: one gallon of water per person per day for three days, for drinking and sanitation
- Food: at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with charger

Additional items to consider:

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| <ul style="list-style-type: none"><input type="checkbox"/> Prescription medications and glasses<input type="checkbox"/> Infant formula and diapers<input type="checkbox"/> Pet food and extra water for your pet<input type="checkbox"/> Copies of important documents such as insurance policies, identification, and bank records<input type="checkbox"/> Cash or traveler's checks<input type="checkbox"/> Emergency reference material such as a first aid book<input type="checkbox"/> Sleeping bag or warm blanket for each person.<input type="checkbox"/> Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes.<input type="checkbox"/> Household chlorine bleach and medicine dropper: When diluted | <p>nine parts water to one part bleach, bleach can be used as a disinfectant, or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.</p> <ul style="list-style-type: none"><input type="checkbox"/> Fire Extinguisher<input type="checkbox"/> Matches in a waterproof container<input type="checkbox"/> Personal hygiene items<input type="checkbox"/> Mess kits, paper cups, plates and plastic utensils, paper towels<input type="checkbox"/> Paper and pencil<input type="checkbox"/> Books, games, puzzles or other activities for children |
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Once you have prepared your ReadyKit, consider putting a second one together for a household that might not be able to afford to purchase the supplies. Or, have a ReadyKit drive at your church or in your neighborhood.

For more information on how you and your family can be better prepared for emergency or disaster, visit www.ldr.org/ready. **Lutheran Disaster Response – Bringing Help and Hope**