

Family Plan

Main Family Residence

Address _____

Fire/Emergency Medical Service No. _____ Telephone _____

Family Information

Name						
Date of Birth						
Social Security No.						
Usual Weekday Location						
Doctor						
Special Medical Info.						
Medical Insurance Info.						

_____ 's Workplace _____ 's Workplace _____ 's Workplace
Address _____ Address _____ Address _____

Telephone _____ Telephone _____ Telephone _____

_____ 's School _____ 's School _____ 's School
Address _____ Address _____ Address _____

Telephone _____ Telephone _____ Telephone _____

Nearest Relative

Name _____

Address _____ Telephone _____

Plan how your family will stay in contact if separated by disaster.

Choose two meeting places:

Reunion Location (a safe distance from your home)

Alternative Location (a place outside your neighborhood)

Location Name _____ Location Name _____

Address _____ Address _____

Telephone _____ Telephone _____

Choose an out-of-town friend or family member, as a contact for everyone to call.

Name _____

Address _____

Home Telephone _____ Work Telephone _____

Cellular Number _____

Designate a room in your home if you have to stay for several days.

Room _____ (Keep your emergency kit stored in this room.)

Designate a place where your family will be able to stay for a few days in case of evacuation.

Location Name _____

Address _____ Telephone _____

EMERGENCY KIT CHECKLIST

Water

One gallon of water for each person per day, for a minimum of three days. If you have the room, you should store two weeks' worth of drinking water for each person. Remember to change your stored water supply every six months.

Canned or dried food

Include canned or dried foods that will not spoil. Remember to pack a can opener that does not need electricity.

- ▶ Ready-to-eat canned meats, fruits, and vegetables
- ▶ Protein or fruit bars
- ▶ Dry cereal or granola
- ▶ Peanut butter
- ▶ Dried fruit
- ▶ Nuts
- ▶ Crackers
- ▶ Canned juices
- ▶ Nonperishable, pasteurized milk
- ▶ Vitamins
- ▶ "Comfort" foods like chocolate and candy

Basic supplies

- ▶ Clean clothes and sturdy shoes for each person
- ▶ Rain gear
- ▶ Coats, hats, and gloves
- ▶ Sleeping bags or blankets
- ▶ An extra credit card and some money
- ▶ Extra set of keys for your car and house
- ▶ Battery-powered radio
- ▶ Flashlight
- ▶ Extra batteries for the radio and flashlight
- ▶ Eating supplies such as paper plates, plastic forks and spoons, and napkins
- ▶ Tent
- ▶ Heavy-duty tape (duct tape, electrical tape)
- ▶ Scissors
- ▶ Heavy-duty trash bags or plastic sheets
- ▶ Matches in a waterproof container
- ▶ Paper and pencil
- ▶ Needles and thread
- ▶ Toilet paper, moistened towelettes
- ▶ Liquid detergent
- ▶ Soap/deodorant/toothpaste
- ▶ Plastic garbage bags with ties
- ▶ Household chlorine bleach
- ▶ Plastic bucket with tight lid
- ▶ Disinfectant
- ▶ Prepaid, long-distance calling card
- ▶ A whistle to signal for help

Special items

- ▶ Prescription medicine
- ▶ Baby supplies such as diapers, formula, bottles
- ▶ Feminine hygiene supplies
- ▶ Extra eyeglasses or contact lenses including supplies
- ▶ Dental supplies
- ▶ Entertainment such as books, playing cards, and board games
- ▶ Important family documents stored in a waterproof container including identification, insurance information, bank account numbers, and birth certificates
- ▶ Pet supplies such as food, water, and identification

First-aid kit

- ▶ Adhesive bandages in different sizes
- ▶ Safety pins
- ▶ Soap
- ▶ Antibiotic ointment
- ▶ Latex gloves
- ▶ Washcloths
- ▶ Sunscreen
- ▶ Several 2-inch and 4-inch sterile gauze pads
- ▶ Several triangular bandages (3)
- ▶ 2-inch sterile roller bandages (3 rolls)
- ▶ 3-inch sterile roller bandages (3 rolls)
- ▶ Scissors
- ▶ Tweezers
- ▶ Needle
- ▶ Moistened towelettes
- ▶ Antiseptic
- ▶ Thermometer
- ▶ Petroleum jelly
- ▶ Aspirin or nonaspirin pain medicine
- ▶ Anti-diarrhea medicine
- ▶ Antacid
- ▶ Laxative