



## make a plan

have a personal plan - select a meeting place for friends and family



## pack a bag

grab the necessities for a couple of days - check the weather before you do



## take action

be ready to move on a moment's notice - sometimes there is no lead time

Be #PACKReady

[go.ncsu.edu/packready](http://go.ncsu.edu/packready)

919.515.9657

## Pack an emergency supply kit. Here's what you'll need:

You will need the following supplies when you leave your home; put them all together in a duffel bag or other large container in advance:

- √ Flashlight and radio with plenty of extra batteries
- √ First aid kit (bandages, aspirin, disinfectant swabs)
- √ Prescription medications (at least a 2 weeks supply) in their original bottle
- √ Eyeglasses (with a copy of the prescription) or contacts and contact solution
- √ Water (at least one gallon per person per day is recommended; more is better)
- √ Foods that do not require refrigeration or cooking
- √ Coolers for food storage
- √ Items that infants and elderly household members may require
- √ Medical equipment and devices, such as dentures, crutches, prostheses, etc.
- √ Change of clothes for each household member
- √ Sleeping bag or bedroll and pillow for each household member
- √ Checkbook, cash in large and small bills and credit cards
- √ Map of the area
- √ Cell phone charger and car charger if you have one
- √ Charge your laptop computer batteries
- √ Digital camera, camera with film or disposable camera for before/after pictures of property
- √ Books, games, toys for children
- √ Disposable plates and utensils
- √ Manual can opener and scissors
- √ Toilet Paper
- √ Insect repellent, sunscreen



### Examples of non-perishable food:

- √ Powdered milk or evaporated milk
- √ Canned meats/fish
- √ Canned fruits and vegetables
- √ Jello and pudding cups
- √ Canned soups
- √ Dry fruit and nuts
- √ Cereal
- √ Crackers
- √ Instant coffee/tea
- √ Instant noodles

### Important papers to take with you:

- √ Driver's license or personal identification
- √ Social Security card
- √ Proof of residence (deed or lease)
- √ Insurance policies
- √ Birth and marriage certificates
- √ Stocks, bonds, and other negotiable certificates
- √ Wills, deeds, and copies of recent tax returns

## Taking Care of Others

You may need additional supplies to make sure the whole family is ready.

### For Children:

- √ Baby supplies like bottles, formula, baby food, and diapers
- √ Games and activities for children

### For Pets:

- √ Food and Water:
  - A 3-day supply of food and water for each pet. A cat or a dog will generally need 1 gallon for three days; Bowls or bottles and Manual can opener
- √ Cleaning Supplies:
  - Depending on the pet, you may need a litter box, paper towels, plastic trash bags, grooming items, and household bleach
- √ Health and Safety:
  - Medicines and medical records stored in a waterproof container, first aid kit
- √ Transport supplies:
  - A sturdy leash, harness, and carrier to transport pets safely. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down.
- √ Comfort Items:
  - Pet toys and the pet's bed, if you can easily bring it, to reduce stress
- √ Paperwork:
  - Current photos and descriptions of your pets to help others identify them, and to prove that they are your pets, in case you become separated from them

