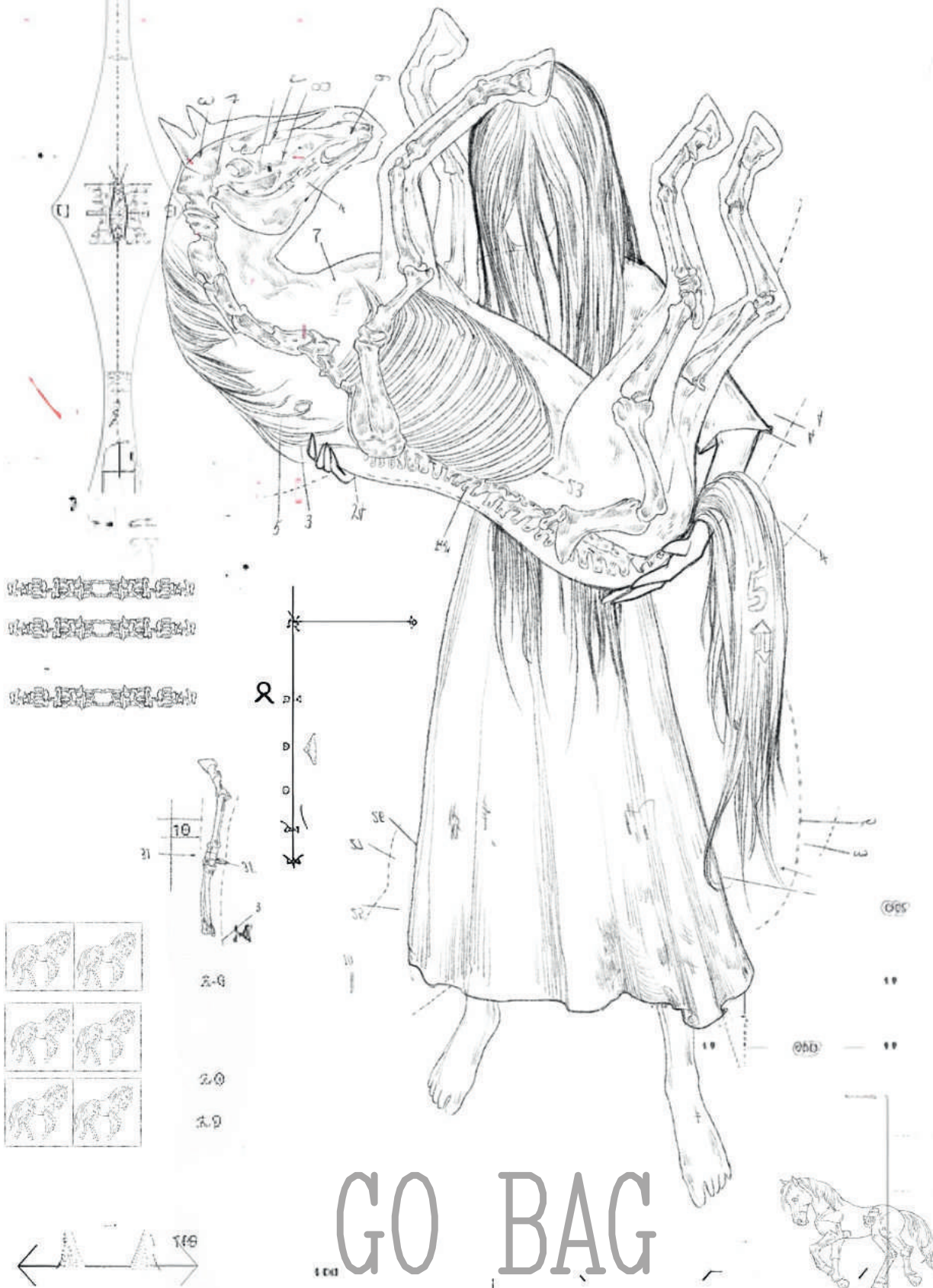


for the
 Project: Emergency kit
 Prepared by: [illegible]
 Date: [illegible]

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GO BAG

IN CASE OF EMERGENCIES, HAVING A WELL-PREPARED EMERGENCY KIT IS A DECIDING FACTOR IN ENSURING SAFETY AND SECURITY. THERE IS A LIST OF KEY ITEMS YOU MIGHT NEED ON THE BACK OF THE PAPER

-1- FOOD & WATER

Water, water filter, water containers: At least one gallon of water per person per day for at least three days, for drinking and sanitation. You will need a water filter when you no longer have access to drinking water. You will be okay

Non-perishable Food: At least a three-day supply of non-perishable food, such as canned goods, dried fruits, nuts, protein bars, and other ready-to-eat items

Manual Can Opener: For opening canned food if your kit contains canned items

Infant Formula and Food: If applicable

-2- BASIC TOOLS & SUPPLIES

Flashlight: With extra batteries

Battery-powered or Hand-crank Radio: with extra batteries. To stay informed about the emergency situation

Multi-tool or Basic Tools: Including a wrench or pliers to turn off utilities if needed. I loved pretending to be Inspector Gadget as a kid

Matches, Lighter, Flint fire Starter, Lighter fluid: In a waterproof container

Whistle: To signal for help

Dust Masks: To help filter contaminated air, and plastic sheeting and duct tape to create a shelter-in-place

Local Maps: For evacuation or travel purposes if digital means are unavailable

-3- CLOTHING & PERSONAL ITEMS

Extra Clothing: Including sturdy shoes, socks, a warm jacket, gloves, waterproof shoe covers, rain coat

Blankets or Sleeping Bags: For warmth if sheltering is necessary

Eyeglasses or Contact Lenses: If needed

-4- IMPORTANT DOCUMENTS & MONEY

Copies of Important Documents: Identification, insurance policies, bank account records, medical records, and any other critical documents, stored in a waterproof container

Cash: Small bills and coins, as ATMs may not be functional. Great for those who miss the sensory element of handling money

Emergency Contacts List: Write down the contact details of your loved ones, medical providers, and local emergency services. If the emergency services are the only contacts on your list - you are not alone. Find others and help yourselves and each other

-5- FIRST AID AND MEDICAL SUPPLIES

First Aid Kit: Including bandages, antiseptic wipes, gauze, tweezers, adhesive tape, scissors, pain relievers and any personal medications

Prescription Medications: A week's supply of any required medications. You will be okay

Emergency Blanket: To retain body heat. To be cute and sparkly while you sleep

Personal Hygiene Items: Including soap, hand sanitizer, wet wipes, feminine hygiene products, toothbrush, toothpaste and other personal hygiene supplies

-6- COMMUNICATION & NAVIGATION

Cell Phone, Chargers, Adaptors, Rechargeable batteries: Preferably a solar charger or a portable power bank

Two-way Radios: To communicate with family or rescuers if mobile networks are down. Everything will be fine

Additional communication and navigation equipment: compass, whistle, survival signal mirror

-7- SPECIAL ITEMS FOR CHILDREN, PETS OR OTHERS

Baby Supplies: Diapers, formula, bottles and pacifiers if applicable

Pet Supplies: Pet food, water, leash and a carrier if you have pets

Comfort Items: Small toys, books or games for children

-8- MISCELLANEOUS

Duct Tape: Versatile for various emergency repairs

Plastic Sheeting: To create a barrier from contaminated air

Trash Bags and Ties: For sanitation

Paracord: Can be used as a belt, leash, bandage to protect a wound, to evacuate a person injured, to take measurements, etc

NOTES:

Warm regards
Best wishes
Kind regards
Hope to see you soon
Looking forward to hearing from you
Catch you later
Warm wishes
Talk soon
Kindest regards possible
Stay safe
Lukewarm regards
Have a good rest of your day
Best of Luck
Hope to hear from you shortly
see ya
Looking forward to your response
Cheer
Best

meanest regards

Emph

Nice Pro

Over and out

byebye c

See you later

Speak soon

Out

Later, baby

Cheer

Best