



In an effort to ensure that you and your family is prepared at home and to support National Preparedness Month

The Tip of the Week

Basic Emergency Supply Kit

Recommended Items to Include in a Basic Emergency Supply Kit:

- ❖ Water, one gallon of water per person per day for at least five 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 and plastic sheeting and duct tape to shelter-in-place
- ❖ 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
- ❖ Go to <http://www.ready.gov/> for help in developing a family emergency plan



Alaska Synod

Evangelical Lutheran Church in America

God's work. Our hands.