



**Be Ready.**

### 7- Day Kit Checklist

*Having a 7-Day Kit ready and packed will help prepare your family in the case of an emergency or evacuation. Keep the following items in a sturdy and easy-to-carry container, and make sure it is ready to go at all times during the year:*

- Copies of important documents in a waterproof container (Photo IDs, proof of residence, insurance, birth certificates, deeds, Social Security Card, etc.)
- Hygiene kit consisting of toothpaste, toothbrush, soap, deodorant, feminine products, shaving supplies, etc.
- Non-expired medication, medical contact information, prescriptions, and first aid kit
- Extra car and house keys
- Bottled water (1 gallon per person per day) and nonperishable food (i.e. granola or energy bars)
- Battery operated radio, flashlight, and extra batteries
- Contact and meeting place information for your household and a small regional map
- Small denomination of cash and ATM cards
- Comfortable shoes, raingear, blanket, and towels
- Any special care items



For more information on disaster preparedness, please visit [www.ready.gov](http://www.ready.gov) for ideas on how you and your family can Be Ready!



[www.bereadysunday.org](http://www.bereadysunday.org)

## Are You Ready?



*What do you do if your gas, power, and phones go out during a natural or man-made disaster? Where would you go? How would you protect your family?*



Be Ready Sunday was created to recognize the important role faith-based organizations play during disaster preparedness and response.

Religious leaders are being asked to inform their congregation on how to Be Ready for a man-made or natural disaster. By following these three steps, you are bringing your family one step closer to protection and safety.



### Be Informed.

- **Locate Shelters**  
Different locations provide shelters for different needs such as pets, medical, emergency, and transitional sheltering.
- **Know Evacuation Routes**  
A key part of preparing for emergencies and disasters is knowing what you will do if the need arises. Once you have your plan, be sure to practice and know it.
- **Listen for Emergency Information**  
Check with local TV stations, radio stations, and related websites. It is also helpful to have on hand a National Oceanic & Atmospheric Association (NOAA) weather radio or another emergency alert system.



### Be Involved.

- **Get Trained**  
Contact your local American Red Cross and Citizen Corps Council for additional training.
- **Be a Volunteer**  
Become part of your local Community Emergency Response Team (CERT). CERT teaches basic disaster training you can use to respond effectively to the needs of your family and neighbors in any emergency.
- **Report Suspicious Activity**  
The individual citizen is American's most valuable asset in the war on terror. Protecting homes, houses of worship, neighborhoods, schools, communities, stores, farms, and factories is a shared responsibility. Notify local law enforcement immediately. To report suspicious activity and behavior call 911.



### Be Ready.

- **Make a Family Plan**  
Plan in advance what you will do in an emergency. Depending on your circumstances and the nature of the event, the first decision is whether you "Shelter-in-Place" or evacuate. Make sure you have an evacuation route. Work with friends, neighbors, and family members to develop a communication plan.
- **Plan for Your Pets**  
Before a disaster, know which shelters are available to house your pets during a disaster. Learn any rules or restrictions that they may have and adjust your Disaster Kit accordingly. Fido needs to Be Ready too!

See back to learn how to make a 7-Day Kit! →