



Emergency Kit

Fact Sheet

Plan For the Worst, Hope For the Best!

Thinking about emergencies doesn't have to be a scary thing. It can be fun putting together your emergency kit. Having a supplies kit on hand means that you can rest easy knowing that you're one step ahead of an emergency.

What to Pack?

- Battery powered radio and flashlight with extra batteries (keeping batteries stored backwards inside the appliances will help save battery life)
- Change of clothing, with sturdy shoes
- Blanket or sleeping bag, pillow, lawn chair
- Extra set of keys
- Cash, credit cards, change for the pay phone
- Personal hygiene supplies
- Phone numbers, addresses, and email addresses of local and non-local relatives or friends
- Insurance agent's name and phone number
- Water supply- enough for 3 days
- Canned foods with manual can opener- enough for 3 days
- First aid kit
- Prescription and over-the-counter medications
- Extra eyeglasses and hearing aid batteries
- List of the style and serial numbers of medical devices such as pacemakers
- Copies of important documents: passports and licenses, Social Security cards, health insurance cards, immunization records, bank account information, insurance policies, wills, contracts, deeds, and birth, marriage and death certificates.
- Items for family members with special needs (e.g. diapers, formula, oxygen tank, etc.)

Your emergency supplies kit can be a life-saving tool!

For more information:

- St. Mary's County Health Department- 301-475-4330 or www.smchd.org
- American Red Cross, Southern Maryland Chapter- 1-888-276-2767