



American Red Cross

FULCRO

# PREPARING AN EMERGENCY KIT OR BACKPACK

Preparing for possible disasters that may affect our communities will be a little different than in other years. The **American Red Cross** recommends the following tips when preparing an emergency preparedness kit or backpack.

- ◆ Make 2 kits & remember to renew them every 6 months.
- ◆ Each member of the family should have their own kit or backpack.
- ◆ Customize kits to meet everyone's personal needs based on the disasters that are prevalent in your area.
- ◆ Pack pet supplies.

## 1. Stay-At-Home Kit:

Include everything you need to stay home for at least 2 weeks with items such as food, water, cleaning & sanitizing supplies, soap, paper products & toiletries.

## 2. 3-Day Emergency Preparedness Kit:

The second kit should be a smaller, lightweight version that you can take with you if you need to leave your home quickly.

**Fulcro Insurance** and the **American Red Cross** have teamed up to shift the balance in favor of our clients by helping them prevent risks, as well as assist communities when situations of risk or disasters occur.

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## WHAT TO INCLUDE IN A 3-DAY EMERGENCY PREPAREDNESS KIT:

- ◆ Non-perishable food & water
- ◆ Personal hygiene items
- ◆ Cleaning & disinfection supplies (tissues, 60% alcohol hand sanitizer, sanitizing towels)
- ◆ Cloth face coverings for everyone in your home
- ◆ Diaper rash cream, bottles, baby wipes
- ◆ Pet food & extra water for your pet
- ◆ Cash or traveler's checks
- ◆ Important family documents (copies of insurance policies, IDs & account records stored electronically or in a sealed waterproof plastic bag)
- ◆ 1 month supply of prescription drugs and over-the-counter medications in a separate container (i.e. cough syrups, fever-reducing medications & medical supplies)