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## **PLAN AHEAD** **with the American Red Cross**

You will best cope in a disaster by preparing for it **BEFORE** it occurs.

### Have a DISASTER PLAN

**A-Discuss** with your family types of disasters and how to respond to each disaster that could occur.

**B-Draw** a floor plan of your home. Mark two escape routes from each room. Discuss how to get out safely, i.e. feeling the door with the back of your hand before opening it, crawling, etc.

**C-Learn** how to shut off electricity, gas and water to your home if needed and have the necessary tools available to do it.

**D-Have a meeting place.**

1-A safe place outside your home where everyone knows to meet, in case of fire, etc.

2-A place outside your neighborhood in case you can't return home.

**E-Contacts**

1-Chose a local friend or family member to call if you get separated by disaster.

2-Chose an out-of-state friend or family member to call if you get separated by disaster.

(Sew phone numbers in a child's (or your) book bag, purse, etc. You may also want to consider giving them and having them know how to use a calling card.) Let your contacts know they are your contacts so they know and expect to receive the calls, including collect calls.

**F-Have emergency supplies** on hand. (you should have a flashlight, hat, jacket, shirt, pants, boots or sturdy shoes and leather gloves next to your bed in case you need to get out in a hurry.)

**G-PRACTICE YOUR PLAN** every six months (when day-light savings changes)

1-Change batteries in smoke detectors

2-Practice your exit drills from your home.

3-Check your 72-hour and other kits, for expirations on food, water, batteries, etc.

4-Where possible have a disaster night and live out of your 72-hour kit items to test the effectiveness of what you have.

## 72-hour kit - (In a backpack)

- Bedding-Blankets, sleeping bag
- Clothing-Clothing appropriate for season (hat, shirt, jacket, pants, socks, boots, under clothes, etc.)
- Communication-Flashlight, radio (extra bulbs and batteries), whistle
- Food-Non-perishable, needing little or no cooking (could include ration bars, MRE's, etc.)
- First Aid supplies-Including manual, disposable gloves, kit, mask, etc.
- Heat-Body warmers, candle, fuel and matches, etc.
- Hygiene and sanitation items-Comb, feminine needs, infant needs, insect repellent, toilet paper, soap, sunscreen, toothbrush, toothpaste, towel, washcloth, etc.
- Documents-Titles, bank and credit card info, emergency phone list, ID, etc.
- Keys-Spare set
- Medications, prescription and non-prescription-
- Misc-Books, candy, crayons, eyeglasses, games, notepaper, pen, pencil, sewing kit,
- Money-Currency in small denominations and change
- Sanitation items-Personal supplies, small plastic bags, toilet paper, wipes, etc.
- Shelter-Plastic sheeting, poncho, survival blanket, tent, etc.
- Tools-Gloves (leather), screwdrivers, pliers, wrench, etc.
- Utensils-To cook, eat and drink with; can opener
- Water-One gallon per person, per day
- Water purifying items-Tablets, purifier, etc

**\*This kit needs to be personalized by you.** There may be things on the list you may not need and things that are not on the list that you need to add! Make sure the needs of each family member are met. Each family member should have their own kit with food, clothing and water in case you get separated. Your 72-hr kit may mean the difference between having a miserable experience or one that's more like a family campout. Your kit should be portable and light enough that you can carry for some distance, until you get to safety. Your 72-hr kit should be located near an exit of your house, so you can grab it on the way out in an emergency or disaster.

**Inspect your kit at least twice a year.** A good time is when daylight savings time changes in the Fall and Spring. Check expiration dates on batteries, food, medicines and water, rotate as needed; check clothing for proper fit. Also take the opportunity at this time to change the batteries in your smoke detectors and practice your family escape and meeting plan that you have set up in case of an emergency or disaster; update your emergency phone list, etc.)

## Car Kit

Same as 72-hour kit plus:

- |                       |                         |                                 |
|-----------------------|-------------------------|---------------------------------|
| Auto fluids           | Auto fuses              | Axe / hatchet                   |
| Battery jumper cables | Blankets                | Fire extinguisher               |
| First Aid kit         | Flares or reflectors    | Gas-tank never less than ½ full |
| Shovel                | Tape (duct, electrical) | Tire repair equipment           |
| Tow strap             | Tools                   | Water                           |

Come visit your local Red Cross for 72 hr kits, First Aid kits, CPR and First Aid classes, and Disaster Preparedness training.

Check out the following internet websites for more information:

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

[www.des.utah.gov](http://www.des.utah.gov)

[www.ready.gov](http://www.ready.gov)

[www.fema.gov](http://www.fema.gov)