

How to Create a Basic Emergency Supply Kit

NC COOPERATIVE
EXTENSION

Basic Emergency Supply Kit

- ✓ First Aid kit and medications
- ✓ Battery-powered or hand crank radio tuned to Environment Canada weather
- ✓ Battery-powered or hand crank flashlight with extra batteries
- ✓ At least a three day supply of non-perishable food. Manual can opener for cans
- ✓ Garbage bags, moist towelettes and plastic ties for personal sanitation
- ✓ Whistle to signal
- ✓ Cell phone with charger
- ✓ Local maps (in meeting place in small bills)
- ✓ Water, four for at least and sanitation
- ✓ Dust mask
- ✓ Seasonal

For more information on this and other emergency preparedness workshop topics please contact:

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