

EMERGENCY PREPAREDNESS KIT

Severe weather can strike anywhere in the U.S., and if a disaster hits you may not have access to food, water or electricity for days. Here are the recommended items to include in an emergency preparedness kit:



FOOD AND WATER

Pack a three-day supply of non-perishable foods, and one gallon of water per person per day for at least three days.



PERSONAL CARE ITEMS

Things like soap, toothbrush, toothpaste and contact lenses.

MANUAL CAN OPENER



This is to open any non-perishable foods packed in your kit.

PRESCRIPTION MEDICINES



Have at least a three-day supply on hand.



FIRST AID KIT

These are easy to find to purchase or you can make your own!



ELECTRONICS

Be sure to have a battery-powered or solar flashlight, a cell phone with a portable charger and extra batteries on hand.



IMPORTANT PAPERS

Copies of drivers' licenses, medical information, your Foremost insurance policy and claim contact information, social security cards, etc. Keep them in a waterproof, air tight bag.



CASH

With no power, stores may not be able to take credit cards and ATMs may be out of cash, so keep a reasonable amount of cash available so you have it if needed.

BASIC HAND TOOLS



A wrench or pliers to turn off utilities.

EXTRA FOOD AND WATER FOR YOUR PET



Your furry friends also need a three-day supply of food and water.

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