



Emergency Planning

It is important that all of us are prepared for an emergency. To be prepared we should have the following in place:

Emergency evacuation kits which should contain:

Personal care items such as soap, toothbrush, toothpaste, hand wipes, brush and comb
Change of clothes
Extra jacket
Water and high energy food such as granola bars or trail mix



Personal Information Record which should include:

Phone numbers and addresses for family and friends
and other members of our personal network
Medication information
Doctor's name and office address

You should check your emergency kit at least twice a year to ensure that it is up to date and store your kit where you can easily reach it.

