



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.

