

SUDBURY FIRE DEPARTMENT

EMERGENCY PREPAREDNESS – 72 HOUR KITS

Are you prepared to evacuate your home for 72 hours if given no notice? Recall that these were the circumstances facing the residents of New Orleans in 2005 which were followed by mass confusion, hunger, thirst and anger. Similar evacuations take place annually during wildfires, along the coastlines during hurricanes and heavy weather, and even here in Sudbury during power outages, gas leaks, bomb scares and other unforeseen events. And the recent devastating **ice storm** is a perfect example of why everyone needs emergency preparedness knowledge—and Go-Bags (72-Hour Kits).

A Go-Bag is some type of easily carried bag or backpack that you can just grab and “go.” Under some conditions, you may only have two minutes—more likely *no time*—before you need to leave, so the bag should be kept updated and stored in a handy location. Prepare one Go-Bag for each family member.

In a crisis, first responders may be overwhelmed and unable to respond quickly, and as observed recently, utility workers may be so overloaded that you may temporarily need to go to a shelter, a hotel/motel, or take refuge with friends or relatives. You should have enough supplies to last a minimum of three days, if not longer.

If anyone in your household needs certain medications or has special dietary needs, plan for these and include in their Go-Bag.

Also plan for the requirements of small children, the elderly, or anyone with special needs. Bedding (extra blanket/pillow), some type of entertainment, and favorite foods or beverages are also items to consider taking.

Important papers should be copied, along with phone or other contact information for certain people or organizations. And don't forget money, in small denominations, and some change (for vending machines, etc.).

EMERGENCY SUPPLY LISTS from FEMA (small green & white) are available at **Town Hall** and in the **Flynn Building**, on the table near the Assessors' office.

A 72-HOUR KIT (a more extensive list) is on the following page.

Additional information may be had at www.fema.gov, as well as on the Sudbury CERT Website (see above). A few other helpful Websites and vendors follow the 72-Hour Kit listing.

Even if you do not evacuate your home, you may need to “shelter in place” for a period of time. In that case, prepare by having a supply of food and water for you, your family, and your pets that will outlast the food store shelves being emptied at the first report of severe weather in the forecast. See “Items to Have on Hand for an Extended Stay at Home.”

Being prepared makes sense!

The following is a sample list of items you might consider using to prepare 72 hour kits for you and your family. Feel free to add or subtract from the list as your needs, tastes or standards may dictate. Remember that not all kits need to be identical – you may add more or less to family member’s kit to accommodate as much or as little of this list as you like.

72-HOUR KIT	
<u>WATER</u> Two (2) gallons of water per person per day should be stored for drinking and sanitation. Method of water purification.	<u>FOOD</u> 72+ hours’ supply of food and water
<u>WARMTH AND SHELTER</u> Wind-proof, waterproof matches Second method to start a fire Tent/shelter Wool-blend blanket or Sleeping bag Emergency reflective blanket Light-weight stove and fuel Hand and body warm packs Poncho	<u>LIGHT SOURCES</u> Flashlight with extra batteries Candle Light stick <u>COMMUNICATIONS</u> Radio with batteries or radio with alternate power sources. Whistle with neck cord
<u>TOOLS</u> Pocket knife Shovel Hatchet or Axe Sewing kit 50-foot Nylon rope	<u>FIRST AID</u> First aid kit and supplies Burn gel and dressings Bottle of potassium iodide tablets ...
<u>EXTRA CLOTHING</u> A complete outfit of appropriate clothing for each family member. Include extra socks, underwear, hat, sturdy shoes, and gloves	<u>MONEY</u> At least \$50 in small bills in your kit. Be sure to include quarters and dimes for phone calls.
<u>STRESS RELIEVERS</u> Games, books, hard candy, inspirational reading. For children: small toys, paper and pen, favorite security items.	<u>IMPORTANT PAPERS</u> Copies of documents important to your family (such as birth certificates, marriage licenses, wills, insurance forms), and phone numbers you might need. Credit Card information.
<u>ADDITIONAL ITEMS</u> ✓ Prescriptions or OTC medications ✓ Extra food ✓ Camp stove mess kits and other cooking equipment ✓ Portable container	✓ Sun block ✓ Insect repellent ✓ Portable toilet ✓ Extra glasses ✓ Durable, water-resistant duffel bag, frame pack or day pack

HELPFUL SITES

http://www.avertdisasters.org/html/72_hour2.html:

http://www.redcross.org/services/prepare/0,1082,0_239_,00.html

<http://www.ready.gov/>

<http://www.scouting.org/pubs/emergency/>