

Preparing a To-Go Kit for Seniors

You will need a large plastic container with a tight-fitting lid and handles.

Must have items:

Flashlight and extra batteries and bulbs
Phone chargers
First-Aid Kit
Non-perishable food items (peanut butter, tuna, etc.)
Juice packs, crackers and snacks per your diet
Water (1 gallon per person)
3 days worth of prescriptions for each person
Can opener
Change of underwear, shirts and socks for each person
Bathroom items (toothbrushes/paste, TP, etc.)
Pet food for three days, plastic pan/kitty litter, carrier
Rain Ponchos, a pillow and blanket

Must have documents:

Immunization history records
Homeowners Insurance Policy records
Thumb drive Inventory of pictures of personal items Rx information with names of meds & amounts taken
Doctors' names and numbers

Extra items:

Games (cards and small board games)
Plastic tablecloths
Paper plates, cups and napkins
Candles and matches
Plastic Gloves and Masks
Sheet of plastic (shower liner) and masking tape

Remember to change out your food and drug items when you reset your clocks twice a year. Change documents each year to stay current.

To order readymade Emergency Survival Kits, go to the Red Cross site at:

<https://www.redcross.org/store/preparedness>

Prepare an Evacuation and Disaster Plan with your family members, and have your block list with you to contact your neighbors to assess damage. All family members should check in with a relative out of the area to make sure everyone is safe.

Do not let your vehicle go below ¼ full tank of gas in case of an evacuation. If you do not drive, make arrangements with a neighbor to take you with them during an evacuation.