



Personal Emergency Preparedness “Get a Kit”

Disasters can happen at any moment. By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water and medicine and you will also have essential items if you need to evacuate.

- For your safety and comfort, have a disaster supplies kit packed and ready in one place before a disaster hits.
- Assemble enough supplies to last for at least three days.
- Store your supplies in one or more easy-to-carry containers, such as a backpack or duffel bag.
- You may want to consider storing supplies in a container that has wheels.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheelchairs, canes or walkers, that you would need with your name, address and phone numbers.
- Keeping your kit up-to-date is also important. Review the contents at least every six months or as your needs change. Check expiration dates and shift your stored supplies into everyday use before they expire. Replace food, water and batteries, and refresh medications and other perishable items with “first in, first out” practices.

Please note these are only recommendations for building your personal emergency preparedness kit. You may use the “Other Items You Might Need” section to add additional items that you will need to stay safe in an emergency. Similarly, you may not need every item on this list, please use discretion.

Rogue Valley Manor has made three personal emergency preparedness kits available for purchase if you’d prefer to save time or not have to prepare a kit yourself. Kit information is listed on pages 4-5. See the Emergency Preparedness tab on myRVM to order your kit today!

Basic Needs and Supplies

- Water — one gallon per person, per day
- Food —include foods that do not need cooking (canned, dried, etc.)
- Flashlight with extra batteries and bulbs (do not use candles)
- Battery-operated or hand-crank radio
- First aid kit and manual
- Medications (7-day supply) and medical items
- Multi-purpose tool (several tools that fold up into a pocket-sized unit)
- Sanitation and personal hygiene items (toilet paper, plastic garbage bags)
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with an extra battery and charger (s)
- Family and friends' emergency contact information
- Cash and coins (ATMs may not be accessible)
- Emergency blanket
- Map(s) of the local area
- Whistle (to attract the attention of emergency personnel)
- One change of clothing
- Manual can opener
- Pet supplies (including food and vaccination records)
- Extra set of keys (car, house, etc.)
- Pack of cards or game board to provide entertainment and pass the time

Cold Climate Supplies

It is possible that you will not have heat during or after a disaster. Think about your clothing and bedding needs. Be sure to include one set of the following for each person:

- Jacket or coat
- Long pants and long-sleeve shirt
- Sturdy shoes
- Hat, mittens and scarf
- Sleeping bag or warm blanket

Excerpt from "Disaster Preparedness for Senior by Seniors" from the American Red Cross

Supplies for Your Vehicle

- Flashlight with extra batteries and extra bulbs
- Maps
- First aid kit and manual
- Tire repair kit
- Jumper cables
- Flares
- Bottled water
- Non-perishable foods such as granola bars
- Winter:* Blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, florescent distress flag
- Summer:* Sunscreen lotion, shade item (*umbrella, wide-brimmed hat, etc.*)

Other Items You Might Need

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



OPTION ONE

SAFE-T-PROOF 2 PERSON/3 DAY GRAB AND GO BACKPACK EMERGENCY SURVIVAL KIT

ABOUT THE KIT

Great 3-day supply for 2 people. An excellent survival kit for when the unexpected happens! Bright red color, easy-to-use and understand products with directions for use. Keep one in the home, office, camper and/or car!

KIT CONTENTS

Includes:

- (1) Large backpack
- (4) latex gloves
- (2) hooded ponchos
- (2) 12 hour snap lights
- (12) packs of purified water
- (2) 2400 calorie food bars
- 36 piece essential first aid kit
- (2) dust masks
- (2) Tissue Packs
- (1) whistle w/ lanyard
- (2) Thermal space blankets.



\$42.95/kit

PART# 9900013



OPTION TWO

AMERICAN RED CROSS DELUXE 3-DAY EMERGENCY PREPAREDNESS KIT

ABOUT THE KIT

This kit contains the emergency supplies for one person for 3 days and has room to add your own personal survival gear and apparel

KIT CONTENTS

- Backpack with multiple pouches and removable organizer
- 1 Battery powered flashlight (2D cell batteries included)
- 1 Red Cross Eton Hand Crank Emergency Radio
- 1 Emergency blanket, 4.5'x7'
- Moist towelettes (individually wrapped)
- 1 Pen light
- Water pouches, total of 16 ounces, 5 year shelf life
- Procedural breathing mask
- Food packets, 2,400 calories total, 5 year shelf life (ingredients include wheat flour, vegetable shortening, granulated sugar, salt, water and coconut flavoring)
- Rain poncho (adult sized)
- 1 Roll of duct tape, 2" x 30 yds
- 1 Water container, holds 3.5 gallons
- 1 Whistle
- 1 Hygiene comfort kit, including toothbrush, toothpaste, shampoo, lotion, soap, deodorant, washcloth, comb, and mesh shower bag
- 1 45-piece First aid kit, including compresses, adhesive bandages, first aid tape, antiseptic wipes, hand sanitizer, gauze, and latex-free glove



\$99.95/kit

PART# 9900011



OPTION THREE

4 PERSON PREMIUM SURVIVAL KIT WITH 72-HOURS OF EMERGENCY PREPAREDNESS AND FIRST AID SUPPLIES

ABOUT THE KIT

Our 4-Person premium survival kit for disasters and emergency preparedness (#1 seller) contains enough food, water and emergency supplies to last a family of 4 for 72 hours. Food and water are U.S. Coast Guard certified, contains a hard-shell Lifeline First Aid kit (LF4408) 4408) and LifeGear LED Flashlight. Over 245 pieces that meet or exceed Red Cross guidelines for preparedness.

KIT CONTENTS

- (4) - 2400 Calorie Datrex Food Rations
- (24) packs of Datrex Emergency Water (Coast Guard Certified)
- (1) Lifeline 85-Piece Hard Shell First Aid Kit
- (1) LifeGear LED Flashlight- Lasts 400 hours
- (4) 12-hour glowsticks
- (4) Ponchos for severe weather
- (4) 24-hour Body Warmers
- (1) 5-1 Emergency Whistle with whistle, compass, flint, storage container
- (8) Medical grade face masks for dust
- (1) Pocket Knife
- (1) Premium Sport Backpack
- (1) Deluxe Backpack



\$139.95/kit

PART# 9900012

SUPPLEMENT YOUR KIT WITH THE IRONSNOW DYNAMO EMERGENCY SOLAR RADIO WITH FLASHLIGHT OPTION

ABOUT THE RADIO

Compact AM/FM NOAA Weather Radio and a powerful 3 LED flashlight, with cell phone charger. iRonsnow Official focus on making emergency equipment.

- Offers a choice of self-charge, solar and external recharge power options.
- 1 minute hand-cranking supports over 5 minutes radio play time, over 30 minutes of continuous torch light, 5 minutes cell phone talk time. 300mAh battery
- Very compact, light, and easy to carry, good survival kit when cellphone powered off or cyclone
- 3 ways to charge: micro usb/hand crank/solar. Dimensions: 5" x 2.4" x 1.6" .Weight: less than 0.5 lbs



\$19.99/radio

PART# 9900014