

# EMERGENCY PREPAREDNESS KIT

## EXTREME COLD/WINTER WEATHER



While extreme cold and winter weather is more predictable than other extreme weather events, it's a good idea to always be prepared with an emergency preparedness kit that includes supplemental items for those in extreme cold and winter-weather prone areas.

### The Basics

- Water: one gallon per person, per day for 3-7 days
- Food: 3-7-day supply of non-perishable items that are easy to prepare, such as canned foods or snacks. Pack a can opener for canned foods.
- Disposable plates, cups, and utensils
- First aid kit
- Medications: 7-day supply and items needed to administer medication, medication list, pertinent medical information
- Personal hygiene and sanitation items
- Flashlights
- Whistles
- Extra batteries
- Battery-powered or hand-crank radio, preferably an NOAA weather radio
- Cell phone chargers and backup batteries
- Family and emergency contact information
- Maps of the area
- Copies of important documents (birth certificates, passports, etc.)
- Sanitation supplies (toilet paper, feminine Hygiene, baby wipes, etc.)
- Family and emergency contact information
- Reflective emergency blanket
- Spare car and house keys
- Adequate clothing, such as boots, hats, gloves, mittens, and blankets to keep each family member warm

### Pets, Babies & Seniors:

- Pets and livestock: identification, immunization records, carrier, collar, leash, bowl, medications, water, and food
- Babies: bottles, formula, baby food, diapers, wipes, small toys
- Seniors: hearing aids with extra batteries, instructions about how to administer medicine and use lifesaving equipment, contact information for medical personnel who administer treatments

### Tools

- An ax, a shovel, and a broom
- Rope for towing or rescue
- Sand to improve vehicle traction
- Rock salt or other environmentally safe products that melt ice on walkways
- Snow removal equipment, including snow shovels
- Heating fuel, like wood for your fireplace or wood-burning stove; be sure to store it safely

It's a good idea to connect with a broker to review your policies and make sure you'll be covered in case of an emergency.

Contact us for more tips and information about how to stay safe during extreme weather events and natural disasters.

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