Be Ready! - Emergency Checklist

In an emergency, keep these items in a sturdy, easy-to-carry container - for example, a duffle bag or a plastic container.

- **Water**
  One gallon per person per day (two quarts for drinking, two quarts for food preparation and sanitation) for three days.
  Three-day supply for each person
  Store in plastic containers (clean plastic bottles with screw caps).

- **Food** (Don’t forget a non-electric can opener)
  Ready-to-eat canned meat, fruits and vegetables
  Canned juices, milk and soup
  High-energy snacks (crackers, trail mix, granola bars, peanut butter, etc.)
  Comfort foods (cookies, candy, hot chocolate, tea bags, instant coffee)

- **Prescription medicines**

- **First aid kit** (including non-prescription drugs like pain relievers)

- **Flashlight and extra batteries**

- **Portable radio and extra batteries**

- **Cash** (bills and coins)

- **Important family documents**

- **Sturdy clothing** (and a change of clothing), **rain gear and bedding**, (blankets, sleeping bags)

- **Small tool kit**

- **Bathroom supplies** (toilet paper, soap, personal hygiene items)

**NOAA Weather Radio**
Salisbury 162.475

**Emergency Alert System Stations**
Radio: WQHQ-FM 104.7 - WSCL-FM 89.5 - WQJZ-FM 97.1
TV: WBOC-TV 16 (Cable Channel 6) - WMDT-TV 47 (Cable Channel 7)

**IN AN EMERGENCY - CALL 911**

WORCESTER COUNTY DEPARTMENT OF EMERGENCY SERVICES