

# GET PREPARED ACTION KIT



**American  
Red Cross**

**September is National Preparedness Month.**

Join Friends for Change and the American Red Cross to learn how you can help your friends and family prepare for emergencies!

**GET  
PREPARED  
IN 3  
SIMPLE  
STEPS**

**1**

**GET A KIT:** Round up your family and work together to gather supplies in an easy-to-carry kit. Backpacks or pillowcases work great!

## **FAMILY KIT CHECKLIST:**



**WATER**  
1 gallon per person, per day



**FOOD**  
Simple, easy to pack foods you don't have to cook like granola bars, dried fruit, peanut butter, tuna, etc.



**BLANKET**



**FIRST AID KIT**



**FLASHLIGHT &  
EXTRA BATTERIES**



**CASH**  
(dollars & coins)



2

**MAKE A PLAN:** Download, print and fill in the blanks below to create your family's emergency plan. Then practice it! Be sure to include this in your kit.

### FAMILY EMERGENCY PLAN:

1) Our emergency meeting place near our home is: \_\_\_\_\_

2) Our emergency meeting place outside our neighborhood: \_\_\_\_\_

3) If I have an emergency these are the family members I would call:

Name \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

Name \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

4) Emergency contact if we get separated in an emergency:

Name \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

5) Emergency Contact Numbers:

Hospital: \_\_\_\_\_ Fire Department: \_\_\_\_\_ Police: \_\_\_\_\_

3

**BE INFORMED:** Visit the Red Cross website to learn more about the three steps of preparedness and the disasters or emergencies that may occur in your area.

Follow the information checklist below and know how to:

### INFORMATION CHECKLIST:



Get emergency updates on the radio, TV, Internet, or directly on your phone. Go to [redcross.org/prepare/mobile-apps](http://redcross.org/prepare/mobile-apps) to download Red Cross preparedness apps.



Learn what storm alerts and warnings mean and practice safety measures.



Protect yourself during disasters that may occur in areas where you travel or have moved recently.



Have a family member get trained in CPR and first aid.



Share your knowledge with your family, friends and neighbors.



TO FIND OUT MORE WAYS TO GET PREPARED, VISIT:  
**DISNEY.COM/FRIENDSFORCHANGE**