

PREPARE TO DEPLOY FOR A.L.E.R.T.

BEFORE YOU LEAVE YOUR HOME

- Put up shutters if available
- Shut off water and gas supply to home
- Unplug electrical devices, or cut power to home
- Lower towers and ground antennas
- Secure outdoor items
- When the threat is high...slash lanai screens

FOOD

- A gallon of water and food for the first 24 hours
- Foods needed for special dietary needs and personal snacks
- Paper plates/bowl and plastic silverware and manual can opener

MEDICAL

- One week supply of scheduled medications
 - List of prescription medication with name, dose and frequency
 - Names of all physicians, their specialties and contact information
 - Next of Kin names and contact information
 - MedicAlert tag or bracelet for life threatening allergies or conditions
 - Cooler with ice pack for refrigerated medication
 - Commonly used over the counter medications & minor first aid products
- (See first aid kit suggestions at the end of this document)

SLEEPING GEAR

Cot/Lounge type lawn chair/Foam pad/Inflatable mattress/hammock

Sleeping bag/Blanket & sheet/Pillow/Pajamas, scrubs or caftan as sleepwear

CLOTHING

Three days of clothing changes

Sweater or jacket, raingear

TOILETRIES

Toothbrush, toothpaste, denture supplies, brush & comb

Soap or no rinse body cleanser, shampoo and conditioner, deodorant
(Try: Medline Remedy Foaming Body Cleanser)

Towel & washcloth/Hand sanitizer/wet wipes/shaving gear

Toilet paper and feminine hygiene products

OTHER ITEMS

Flashlight and whistle

Books, conventional or electronic

Portable radio/tape/CD/MP2 player/conventional or electronic games

Cellular phone

Charging cords for devices, extension cord and/or batteries

Small amount of cash and loose change

****Use common sense, leave valuables at home & label EVERYTHING you bring.****

BEST PLAN...HAVE AS MANY OF THE ABOVE ITEMS READY AS POSSIBLE NOW!

ALL OF THE ABOVE IS IN ADDITION, OF COURSE, TO YOUR RADIO EQUIPMENT!

FIRST AID KIT SUGGESTIONS

Variety of band-aid sizes from extra large to small

Roll of stretch wrap gauze (2 or 3 inch size)

Paper tape to secure gauze as needed (cautious use on fragile type skin)

Ace wrap roll for simple sprains or strained joints

Water proof or adhesive tape to secure ace wrap as needed (never place on skin)

Box of WoundSeal[®] Powder (product to use on wounds when they do not want to stop bleeding, read instructions completely before using!)

Half dozen 4x4 or 3x3 gauze pads to blot wounds prior to use of wound seal

Non-stick (Telfa[®]) pads to use if wound is to be wrapped with roll gauze

Small bottle hand sanitizer gel

Spray on bandage, (brand name: New Skin) also available in brush on form, but not as easy to use with simple bleeding wounds...never use on deep cuts!

Several pair of exam gloves for treatment of unknown person with bloody wound

Several individual wrapped wet wipes

The following over the counter medications, as long as none are prohibited by any medical condition or physician restrictions:

Small bottle of ibuprofen (brand name: Motrin)

Small bottle of acetaminophen (brand name: Tylenol)

Tube of triple antibiotic ointment (brand name: Neosporin)

Tube of diphenhydramine anti itch cream (brand name: Benadryl)

Bottle of diphenhydramine anti itch spray (brand name: Benadryl)