

We are now in **Week 3** of working together to develop a Home Emergency Plan and Kit.

If an emergency happens you may have to live without the normal comforts of home for a time. During the past two weeks we have focused on collecting food and storing water, this week the focus will be on personal items and equipment necessary in an emergency situation. In an extreme event, do you want to wear the same clothing day-after-day? Do you want to risk infection from a small wound because you were not prepared with medical supplies? Where will you sleep if access to shelter is not available? These are questions that should be answered in any home emergency plan.

Having a First Aid kit is essential to any good emergency kit. Supplies should include the basics such as:

- First Aid Manual
- Hand Sanitizer
- Sterile gauze
- adhesive tape
- adhesive bandages
- elastic bandage
- antiseptic wipes
- antibiotic cream or ointment
- acetaminophen or ibuprofen
- extra prescription medication
- tweezers
- scissors
- safety pins
- disposable instant cold packs

You can purchase these items separately OR go to any pharmacy or discount store and purchase a ready-made kit. They are inexpensive, starting as little as \$10.00 or less.

This week inventory your own medical supplies. Take the extra supplies you may have and begin constructing your first aid kit, or do as I did and purchase a kit. My family kit is well-stocked with just about anything I would need to care for minor illness or injuries and cost about \$15.00 at Wal-Mart.

I hope many of you are taking the time to prepare you and your family for any emergency by preparing a Home Emergency Plan and kit. This week's focus is on medical supplies and personal items.

This week-end place into each family member's backpack or bag a change of clothing. Be sure to include socks and clothing that will protect against the cold including hats, gloves and jacket to protect against hypothermia. Even in summer hypothermia is a possibility especially if you become exposed to cold (most hypothermia occurs at temperatures between 30 - 50 degrees), aggravated by wet, wind and exhaustion. Also include a space blanket or light wool blanket for each individual. If you have a small tube tent stored away, find it and add to your survival supplies. If not heavy-duty plastic sheeting or tarps can be used as a temporary shelter.

For more information go to [www.outdoorclub.org/hypothermia.html](http://www.outdoorclub.org/hypothermia.html)

Remember to complete your preparedness form, and return to me, for a chance to win a personal 72 hour emergency backpack. Next weeks focus will be on tools and other emergency supplies.