

# EMERGENCY PREPAREDNESS KIT

## *FOR YOUR BACKPACK*

- Work gloves
- Latex gloves
- Dust masks
- Wet wipes
- Sanitizer gel
- Tissues
- Plastic bags
- Matches

- Personal medications
- Copies of prescriptions
- Spare eyeglasses
- Scissors
- Whistle
- Pocket knife
- Flashlight w/ batteries
- Extra keys for house & car



- Walking shoes
- Warm clothes
- Hat
- Rain gear/poncho

- Water
- Energy bars
- Light blanket
- First aid kit
- Advil or aspirin
- Sunscreen

- Emergency contact card
- Pens and paper
- Marking pen/highlighter
- Cell phone w/charger
- Driver license
- Emergency cash
- Personal hygiene items
- Local maps
- MRC FIELD GUIDE