

# Are You Ready?

Some disasters strike without any warning. Have you thought about those supplies you'll need the most? They will usually be the hardest to come by. Enlist your children to help gather supplies for your family's emergency kit. It'll bring you a sense of relief, and your kids a feeling of empowerment. Make sure you have enough supplies to last for at least three days. Think about where you live and your needs. Consider having a large kit home, and smaller portable kit in the car or your workplace.

**Have a “Go Bag”**     *Jeff Rosen of NBC news compiled this list after interviewing hundreds of people*

## 1. Basic electronics

Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not. Also stash a long-lasting LED flashlight. Pack a small hand-cranked or battery-operated AM/FM radio (with extra batteries).

## 2. Personal needs

While getting ready for a typical day, list every toiletry you use, then buy a [travel-size version](#) of each. Pack backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

## 3. Clothing

Pack a few days' worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.

## 4. Your meds

Pack about three days' worth of each of your [prescriptions](#), which should last until you can get to a pharmacy that's open. If you need larger items, such as an oxygen tank, make sure you have a portable version.

## 5. The perfect bag

Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.

## 6. Paperwork

Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

## 7. Food and drink

Bottled water is essential. Granola or energy bars are great because they are small and filling, and they come in a variety of flavors.

## 8. Cash

In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don't want to start asking equally desperate strangers for change.



If a storm is on it's way: **Fill your car with gas, Fill plastic bags with water and place them in the freezer, get extra cash from the bank, fill prescriptions.** Not all Emergencies are equal, a storm or hurricane, is much different than a power outage...The following chart is published by FEMA and is aimed at families with children



<https://www.ready.gov>

Ready.gov has multiple lists for different type of emergencies...and even suggest keeping one in your car as well. The American Red Cross even offers pre packed "go bags" at different price points.

### Emergency Supplies List

- |  |   |
|--|---|
| <input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)      | <input type="checkbox"/> Water – at least a gallon per person, per day              |
| <input type="checkbox"/> Can opener  | <input type="checkbox"/> Battery-powered or hand-cranked radio with extra batteries |
| <input type="checkbox"/> First aid kit   | <input type="checkbox"/> Flashlights with extra batteries                           |
| <input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family                                      | <input type="checkbox"/> Cell phone with charger, extra battery and solar charger   |
| <input type="checkbox"/> Change of clothes to last 3 days, including sturdy shoes; consider the weather where you live | <input type="checkbox"/> Whistle to signal for help                                 |
| <input type="checkbox"/> Matches in a waterproof container (let a grown up handle these)                               | <input type="checkbox"/> Local maps   |
| <input type="checkbox"/> Toothbrush, toothpaste, soap  | <input type="checkbox"/> Pet supplies   |
| <input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels   | <input type="checkbox"/> Baby supplies  |
|  | <input type="checkbox"/> Books, games or puzzles                                    |
|  | <input type="checkbox"/> A favorite stuffed animal or blanket                       |



FEMA, the American Red Cross, AARP and the Centers for Disease Control and Prevention all provide checklists to help you get started, and many items they recommend overlap. Each agency offers a basic list, which includes water, food, a battery or hand-powered radio, a flashlight, batteries and a first-aid kit...The point is each person is different, family size, age, pets, area of the country, weather, medications...and type of disaster can vary greatly.

One thing that does not change, is that having a go-bag and being ready is smart...*Once the disaster hits it is usually too late to do much about collecting your needs.*

***If your not ready...Get Ready!***

Peter Szwed 201-805-6242  
Lorraine Zito 201-960-6670  
Juliette Gorham 973-769-1684

**CHRISTIE'S**  
INTERNATIONAL REAL ESTATE  
NORTHERN NEW JERSEY

**ThePLJGroup.com**  
837 Franklin Lake Road  
Franklin Lakes, NJ 07417



**We Are Never Too Busy for Your Referrals!**

Christie's RENNJ 837 Franklin Lake Road, Franklin Lakes NJ 201-934-2085