

Personal Emergency response kit

In Northern Arizona, we are often subjected to rapidly changing and sometimes extreme weather conditions. What would you do if your electricity went out, or you found yourself stranded along the road in heavy snow? How about being evacuated because of a forest fire? Having a personal emergency kit is a good idea.

A personal emergency kit might contain:

- Basic first aid supplies. In some emergencies, it may become necessary to provide first aid to those with non-life threatening injuries.
- Flashlights and extra batteries
- Water and non-perishable food
- Emergency space blanket
- Personal medication and extra eye-glasses (as needed)
- Portable AM/FM radio with spare batteries
- Money (small amount)
- A cell phone and charger
- List of essential phone numbers, including out of state family contact number
- List of important medical information (allergies, existing medical conditions)
- Depending on the time of year, extra clothing to layer with
- A folding shovel
- Whistle
- Local area maps
- Compass (know how to use it)