Overview
An emergency is defined as a serious, unexpected, and often dangerous situation requiring immediate action. It is not a matter of if an emergency happens but when an emergency will happen. Being prepared for an emergency can make all the difference in the word. You never know the circumstances or how long a state of an emergency will last. Possible emergencies we should prepare for are:

- Winter Storms & Extreme Cold
- Lightning Storms
- Heat Related Emergencies
- Earthquakes

72 Hour Kit
One way to prepare for emergencies is to have a 72 hour kit. A 72 hour kit is a collection of basic items that you may need in the event of an emergency or in times of distress. Emergency responders are often unable to reach everyone immediately. Having access to your own food, water and other supplies to last for at least 72 hours is recommended.

Many people may have a 72 hour kit at their home. But what if an emergency was to happen while you were here at school/work or possibly in your car? What if you were not able to go back to your house after a disaster? Do you have a basic disaster supplies kit in your office or in your car? Ready.gov recommends that you should be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case. In case you are stranded in your vehicle, keep a kit of emergency supplies in your car.

Maintaining Your Kit

- Keep canned food in a cool, dry place
- Store boxed food in tightly closed plastic or metal containers
- Replace expired items as needed
- Re-think your needs every year and update your kit as your family’s needs change.

Testimonial

We live in Apison Tennessee. We've been in this area 27 years and nothing serious has happened. We were all home for the evening. I had not been monitoring the storms that had been going through during the day so I had no idea things had been happening. And suddenly the lights flickered. And I turned to my husband who was sitting there at his computer and I said, "Something is weird out there." And he screamed, "Run!" The tornado went right down the center of the road, the center of our property, and demolished our property. And it was just totally, totally wiped out. We had water coming into the house. Multiple trees on top of the roof. We had two vehicles that were smashed by trees. But when the emergency crews got there to help, I said, "I have food. I have water. I have a way to cook. We have candles, we have flashlights and batteries." I said, "We're fine! Go to someone else." It took five days before we got water. It took seven or eight days before we got power back. What I am happiest about, about being prepared was not that my life was comfortable but that I was able to stay here. I didn't have to rely on anybody else. I was taking care of myself. I was taking care of my family. We were prepared. It's just a secure feeling.

https://www.ready.gov/testimonials
Emergency Supply Kit Checklist from Federal Emergency Management Agency

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children