

Items to have at Work

Have you ever thought of what you would do if an over whelming emergency or disaster struck during working or commuting hours? Prepare now for what is likely to happen! The following is a list of items to consider when building 72-hour kits and a hint or two about maintenance. Many offices have Child Day Care Centers. Don't forget the kids when planning and building your office kits!

Items for your vehicle

- Heavy Work Clothing and Gloves
- First Aid Kit and Supplies
- Jumper Cables, Tow Ropes
- Flares or Light Sticks
- Food and Water (food bars, etc.) *
- Flashlight w/ extra batteries *
- Salt and sand mixture
- Snow or other Shovel
- Rain poncho, Cold Weather Gear
- Sleeping Bags, Emergency Blankets
- Small Unbreakable Mirror
- Tarps and Automotive Hand Tools
- Automotive Supplies (oil, belts, etc.)

* Remember to rotate every spring and fall

Personal Items in the Car

- Personal Sanitary and Toiletry items
- Pre-moistened wipes to clean with
- Toothbrush and tooth paste
- Deodorant - Antiperspirant
- Feminine hygiene items
- Male hygiene items
- Change of clothing
- Comfortable Sturdy Shoes
- Extra Reading Glasses
- Extra Medications
- Phone Number Lists
- Out of town emergency contacts
- Sewing kit
- Bullion cubes

Office Cache Site Supplies

The following items are suggested for office cache site supplies?

- FRS radios w/ extra batteries *
- Emergency Blankets
- Tents, Tarps or other Shelters
- Work gloves, Safety Glasses or Goggles
- Climbing Rope, Cribbing supplies
- Rescue Gear (pry bars, stretchers, etc.)
- Cardboard splints and First Aid Items
- Team Forms and Documents
- Building Floor Plans and Maps
- Food and Water
 - 1 gal / day / employee
 - 3 food bars / day / employee
- Dust Masks and Safety Vests
- Latex Exam Gloves
- EMT Shears and other Hand Tools
- Paper or Cloth Towels
- Duct and Masking Tape
- Manual Can Openers
- Scrub Brushes, Brooms, Mops
- Cleaning Buckets (5 gal buckets)
- Cleaning gloves and supplies
- 1 gal Ziploc bags
- Canned Heat and Stove
- Matches or other Fire Starter
- Fishing line (20 lb or heavier)
- Coffee filters
- Clothes pins
- Baby Care items (as appropriate)
- Duffel bags or back packs
- Books or other entertainment