

## **Tips for Emergency Planning**

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[www.TheSuperAllergyCookbook.com](http://www.TheSuperAllergyCookbook.com)

For people with food allergies, celiac disease, particular health issues or who are using special diets for health reasons, I feel that it is critical to have a disaster supplies kit for emergencies. A disaster supplies kit consists of a variety of items that you might need during and after a disaster to stay safe and be more comfortable. For more than eight years, we have had such a kit and I would not be without one. Post September 11<sup>th</sup>, post Katrina, and numerous other natural disasters including floods, ice storms and chemical spills there are fantastic reasons to invest the time into creating such a kit.

If you are overwhelmed with the thought of doing this, then just pick one item and gather that together, and then in a week or two add the next item. Over time you will have the kit together in no time. If you have children, engage them in this wonderful learning process. You can have fun doing this. It does not have to be a chore.

Here is a list of what we have assembled for our kit.

- Four bags of groceries including dry mixes for rolls, waffles, & muffins, as well as a limited supply of prepackaged gluten-free foods such as crackers, cereals, and canned foods (and a can opener!)
- Supply of bottled water
- Camping cook stove with propane canisters
- Comprehensive First Aid kit
- Camping tent
- Sleeping bags, blankets and towels
- Paper goods: toilet paper, paper towels, napkins, paper plates
- Personal care products like shampoo, toothpaste and feminine supplies
- Matches in a waterproof container
- Portable, wind-up radio
- Games, cards, or other materials to keep you occupied when there is no TV or electricity
- A large, empty cooler to load food from the freezer in the event of an evacuation
- Cash (ATM's don't work without electricity)
- A large checklist of items to be added that are not stored with our kit for practical reasons
- Extra warm clothes (we live in a cold climate)
- Passports, ID cards, medical information, prescription medications
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The Red Cross is one of the organizations working to prepare consumers for natural and other disasters. You can download several helpful materials from the Red Cross website at [www.redcross.org](http://www.redcross.org) including a list of items to include in a disaster supplies kit as well as other ways to be prepared for an emergency.