

## SUPPLIES NEEDED

Seasonal clothing and footwear for each member of family.

Store in well labelled suitcases, five gal. pails with tight fitting lids, etc.

Heavy duty garbage bags can line a toilet for emergency use or line a 5 gal. pail to use as a toilet.

Insect repellent and sun protection

Disinfectant - Lysol and bleach

Thermos for soup or beverages

Telephone Calling Card

Charged cell phone.

Keep vehicle gas tank at least 1/2 full of fuel.

Keep vehicle well maintained at all times.

Hammer, nails, crowbar, and shovel

PAIN KILLERS such as Aspirin, Tylenol can calm nerves and help one sleep.

Gravol or motion sickness pills can help calm one and help one sleep.

A warm soup or tea, hot chocolate or hot milk can calm one.