

Ready Army: Do you have your kit?

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Oct. 8, 2009 -- Emergency preparedness kits have been set up in various locations throughout Carlisle Barracks to remind residents and employees of the importance of having their own kits. Kits can be found now in the Root Hall entrance way and post library. They will travel around to other buildings and locations on post later this month.

Getting a preparedness kit together

Assemble a collection of first aid supplies, food, water, medicines and important papers to sustain your family for at least three days after an event and until a crisis passes. Consider the unique needs of your family and pets, and then assemble emergency supply kits in the home, car and workplace. These kits will enable your family to respond to an emergency more quickly. The various emergency kits will be useful whether evacuating or sheltering-in-place.

Suggested basic items to consider for a home emergency kit:

- Water-at least one gallon per person per day for at least three days
- Food-nonperishable food for at least three days
- Formula and diapers for infants
- Food, water, other supplies and documents for pets
- Manual can opener
- Flashlight, National Oceanic and Atmospheric Administration battery-powered weather radio, battery-powered cell phone charger and extra batteries
- First aid kit with dust masks, antiseptic and prescription medications
- Sanitation supplies such as moist towelettes, disinfectant, toilet paper and garbage bags
- Important documents-personal, financial and insurance
- Family emergency plan, local maps and a copy of your command reporting information

Additional items can be essential for those serving abroad:

- Passports
- Birth abroad certificate for children born overseas
- Cash in local currency
- Card with local translations of basic terms
- Electrical current converter

Many other items could prove helpful:

- Fire extinguisher
- Any tools needed to turn off utilities
- Matches in a waterproof container
- Paper plates, paper cups, plastic utensils, paper towels
- Coats and rain gear
- Sleeping bags or other bedding
- Weather-appropriate change of clothes for each person
- Books, games, puzzles, toys and other activities for children