

## Emergency Planning

For people with special dietary needs 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 six years, we have had such a kit and I would not be without one. 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)

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