



Prepare for a natural disaster or emergency.

For more information on what to do before and during an emergency or to download an **Operation Emergency Prepare Toolkit** visit www.createthegood.org.

Grab and Go Checklist

If you have only moments before evacuating and haven't prepared an Emergency Supply Kit or a Vital Document Packet, grab these items quickly and go!

- Driver's license or personal identification
- Basic supplies: water, food, first-aid kit, hygiene items
- Prescription medications, glasses or contact lenses
- Maps: official evacuation route, alternate routes and a list of shelters
- Car keys and keys to the place you are going (if applicable)
- Cash and/or traveler's checks

Vital Document Packet Checklist

Collect all the important papers that apply to you, make copies and store them in a weatherproof tote- even a large, plastic zip-top bag works. Keep your packet someplace easily accessible so that you can get to it quickly in the event you need to evacuate on short notice.

- Personal identification
- Personal Medication Record and medical immunization records
- Social Security and health insurance cards
- Bank statements, retirement accounts, and credit card numbers
- Wills, insurance policies, contracts, deeds, stocks/bonds
- Recent tax returns
- Family records, birth and marriage certificates
- Important phone numbers of family members, friends, doctors, insurers- anyone who needs to know where you are
- Video and photo inventory documenting your valuables and the interior and exterior of your home
- Cash and/or traveler's checks

Basic Emergency Supply Kit Checklist

Have enough supplies to last at least three days per person. Include items for those with special needs, including children and pets. Keep your kit up-to-date by rotating supplies and batteries and use a portable, durable and waterproof container for storage.

Essentials:

- Water (one gallon per day per person)
- Food (canned and dry goods, high calorie food bars)
- Personal first-aid kit
- Battery-powered radio (with extra batteries)
- Personal Medication Record
- Prescriptions

Extras:

- Hygienic items (toothbrush/hand sanitizer/etc.)
- Extra clothing and shoes
- Blankets
- Rain poncho
- 12-hour light sticks
- Whistle (to alert rescue parties)
- Face mask (to avoid dangerous bacteria)

Important Websites and Phone Numbers:

FEMA (toll-free) 1-800-621-FEMA (3362); www.fema.gov

American Red Cross (toll-free) 1-800-RED CROSS (733-2767); www.redcross.org

Communicate with the AARP Tennessee State Office:

Toll-free 1-866-295-7274; Web: www.aarp.org/tn

Twitter: [www.twitter.com/aarptn](https://twitter.com/aarptn); Facebook www.facebook.com/aarptennessee