BUG OUT OR STAY PUT

72 HOUR
EMERGENCY KIT

IF YE ARE PREPARED, YE SHALL NOT FEAR

Having emergency supplies and disaster supply kits for you and your family gives you peace of mind before an emergency and a major survival advantage during and after a disaster.

If the life and the infrastructure you depend on is interrupted or drastically changed because of an unexpected emergency or disaster, you need the necessary provisions of health, safety, survival, and some comfort. Having complete disaster supply kits in all of the places where you spend time and other necessary supplies stored for you and your family, helps you to "be ready" for days, weeks, months, or longer.

Not everything you may need to survive, thrive, and recover may be able to fit in your disaster supply kit. What do you need to be happy, healthy, and comfortable? In the moment the disaster strikes, you may not have time or the frame of mind to logically think through what is of most value to you. It is important to "be ready" by creating a prioritized grab list before the emergency when you have time and can calmly and think through your priorities.

You are responsible for the health and well-being of yourself and your family. Make plans for the disruptions to your family members' lives that could be caused by disasters. When family members know what to do and how to do it, you will all "be ready" to handle any emergency.

"In mercy the Lord warns and forewarns. He sees the coming storm, knows the forces operating to produce it, and calls aloud through His prophets, advises, counsels, exhorts, even commands— that we prepare for what is about to befall and take shelter while yet there is time. But we go our several ways, feasting and making merry, consoling conscience with the easy fancy of 'time enough' and in idle hope that the tempest will pass us by, or that, when it begins to gather thick and black about us we can turn back and find shelter."

James E Talmage

IF YOU ONLY USE ONE RESOURCE, I FOUND THIS ONE TO BE THE BEST. https://beready.utah.gov/



Disaster Supply Kit



- Store in a backpack, wheeled suitcase, or other portable container in an easy-access location, as near as possible to an exit
- Have a separate kit for each family member
- Items susceptible to water damage should be in plastic bags
- Check kit twice a year and replace items that have expired or don't work

Cover all 12 Areas of Emergency Preparedness in your disaster supply kits.

ADD ADDITIONAL ITEMS TO KITS TO FIT INDIVIDUAL NEEDS

1) Shelter, Clothing, & Fire	☐ Garbage bags	Dust mask
Waterproof poncho	Hand sanitizer	Mace/pepper spray
Emergency reflective blanket	Baby wipes	Spare house/car keys
Wool or fleece blanket or	5) Light & Power	9) Tools & Personal Items
sleeping bag	☐ Flashlight	Extra glasses or contacts
Tent or tarp	Batteries	Compass
Clothing for warm/cold weather	☐ Light sticks	Multifunction pocket knife
Extra socks and underwear	6) First Aid	Duct tape and 50-ft nylon rope
Hat with brim and/or bandanna	First aid kit: Adhesive bandages,	Stress relief item: book, toy, etc.
☐ Windproof/waterproof matches	rolled gauze and pads, antibiotic	10) Cooking
Alternate fire-starter	cream, disposable gloves, burn	Camp cup, plate, and utensils
Hand and body warmer packets	gel, antiseptic towelettes,	Lightweight stove and fuel
2) Water	tweezers, triangle bandage, etc.	Paper towels
☐ 1 gallon of water	First aid instruction booklet	Can opener (may be on knife)
Refillable water container	Personal medications	11) Important Documents & Money
Water tablets and/or filter	Scissors and sewing kit	Copies of: emergency plan, birth
3) Food	☐ Insect repellent	certificates, marriage license,
3 day supply of ready-to-eat,	Sunblock	will, insurance info, financial
nonperishable food	7) Communication	info, vehicle title, family photos,
☐ Hard candies	Multi-power AM/FM radio	ID, emergency contact list, etc.
4) Hygiene & Sanitation	Notepad and pencil	At least \$200 in small bills
Personal hygiene kit: soap,	Plastic whistle with neck cord	12) Transportation
toothbrush, toothpaste, comb,	Extra mobile phone charger	Sturdy walking shoes or boots
toilet tissue, feminine items,	8) Safety & Security	Wagon, stroller, cane, or
razor, lip balm, wash cloth, etc.	☐ Work gloves	wheelchair as needed

✓ Make a Plan
✓ Get a Kit
✓ Be Informed
✓ Get Involved

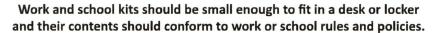
For more preparedness information: BeReady.Utah.gov





Work and School Disaster Supply Kits

You spend about 50% of your day away from home. It is important to have basic disaster supplies wherever you spend time. Use the list on the front of this brochure to make smaller disaster supply kits appropriate for work, school, and wherever you and your family spend time outside of your home.





Vehicle Emergency Kit

You also spend a lot of time in your vehicle. Have an emergency kit in the car to help you and your family be ready for an accident, breakdown, getting lost, or other vehicle related emergency.



	Coat,	jacket,	or	poncho
--	-------	---------	----	--------

- Emergency reflective blanket
- Blanket or sleeping bag
- Tar
- Windproof/waterproof matches
- Hand and body warmer packets
- Umbrella
- 1-2 gallons of water
- Meal replacement bars
- Garbage bags
- ☐ Flashlight and extra batteries
- ☐ First aid kit and instruction booklet
- Disposable gloves
- Plastic whistle with neck cord
- Cell phone car charger
- Glass marker
- Work gloves
- Dust mask

Emergency glass breaker

- Seatbelt cutter
- Caution triangle
- Reflective safety vest
- Fire extinguisher (5lb A-B-C type)
- lce scraper
- Jumper cables and extra fuses
- ☐ Jack, lug wrench, and tire gauge
- Sand, ice melt or cat litter for traction
- Small shovel
- Tow rope
- □ Tool kit: pry bar, screwdrivers, crescent wrench, pliers, hammer, electrical tape, duct tape, wire, towels, etc.
- Empty gas can and siphon hose
- ☐ Vehicle registration and insurance
- Detailed maps

Things to do...

- Learn simple repairs like changing a tire, jump starts, and checking fluids. Teach repair skills to all drivers at home.
- Always keep the gas tank at least half full.
- Perform regular vehicle maintenance.
- Check all fluids and tire pressure before any road trips.

If in an accident...

- · Remain calm.
- Pull out of traffic and off the main road if possible. If not, STAY IN THE VEHICLE until emergency responders arrive.
- Check for injuries on yourself and others.
- If the situation is safe, take pictures of the vehicle damage and accident scene.



For more preparedness information: BeReady, Utah.gov





Sheltering

Effective sheltering protects you and your family from hazardous elements and temperatures.

If you lose utilities in COLD weather, create WARM rooms



- Choose higher level, low ceiling, south facing rooms with direct sunlight
- Keep windows clear and clean during the day for as much sunlight as possible
- Insulate windows with clear plastic during the day and with curtains or blankets at night
- Make a warm room within a room. Use small tents, blankets, couch cushions, etc.
- Cover doors, under doors and other openings with blankets or towels isolating room from the rest of the house. Have ventilation, especially if using heaters
- Get cozy with the family and use body heat to keep each other warm. Sleep inside the same bed or sleeping bag
- Vent the room for fireplace, wood-stove or space heater
 - -Remember the dangers of Carbon Monoxide (CO)
 - -Don't use fuel burning camp equipment indoors
 - -Don't use gas appliances like the oven, stove or dryer to heat your home
 - -Don't use gas powered tools indoors (generators, etc)

If you lose utilities in **HOT** weather, create **COOL** rooms

- Choose lower level, north facing rooms limit sun exposure
- Close windows and doors during the day. Cover with wet blankets or curtains to promote evaporative cooling
- Put foil or Mylar blankets directly on windows. Leave no space between the foil and glass
- Limit activities during the hottest part of the day. Use extreme caution in areas with high humidity where sweating is not as effective
- Open high level windows at night to let the rising hot air out
- Put mattresses directly on the floor. Cooler air is on the ground
- Sleep in wet sheets & clothing to promote evaporative cooling on yourself and in the room









Lists for every member of the family

Dad (Adult Man)

- o Backpack
- o Pants
- o Shirt X2
- o Socks X2
- Underwear X2
- Sweatshirt/Jacket/Coat
- o Hat
- o Gloves
- o Deodorant
- o Toothbrush
- o Toothpaste (one tube to share with the family)
- o Blanket
- Pocket Knife
- Flashlight/Headlamp
- Small First Aid Kit (Family medications needed)
- o Food (5-6 Canned/Nonperishable items Plus Others)
- Water (64-88oz. per day)
- Snacks
- o Money (Cash in small bills)
- o Driver's License
- Social Security Card

Mom (Adult Woman)

- o Backpack
- o Pants
- o Shirt X2
- o Socks X2
- o Underwear X2
- Sweatshirt/Jacket/Coat
- o Hat
- o Gloves
- Deodorant
- o Feminine Products
- o Toothbrush
- o Blanket
- Pocket Knife
- Flashlight/Headlamp
- o Small First Aid Kit (Family

medications needed)

- o Food (5-6 Canned/Nonperishable Items Plus Others)
- o Water (64-88oz. per day)
- o Snacks
- o Money (Cash in small bills)
- o Driver's License
- o Social Security Card (For Each

Family Member)

- o Marriage License
- o Birth Certificates (For Each

Family Member)

o Immunization Records (For Each Family Member)

^{*}Bolded Items will need to be kept in a safe place and possibly stored somewhere else for access during normal life.



Lists for every member of the family

Teen Boy (Age 11-18)

- o Backpack
- o Pants
- o Shirt X2
- o Socks X2
- Underwear X2
- Sweatshirt/Jacket/Coat
- o Hat
- o Gloves
- Deodorant
- o Toothbrush
- o Shoes
- o Blanket
- Pocket Knife
- o Flashlight/Headlamp
- o Food (4-5 Canned/Non-

perishable Items Plus Others)

- o Water (56-64oz. per day)
- o Snacks
- o Driver's License

Teen Girl (Age 11-18)

- o Backpack
- o Pants
- o Shirt X2
- o Socks X2
- Underwear X2
- Sweatshirt/Jacket/Coat
- o Hat
- Gloves
- o Feminine Products
- Deodorant
- o Toothbrush
- Shoes
- o Blanket
- o Pocket Knife
- o Flashlight/Headlamp
- Food (4-5 Canned/Nonperishable Items Plus others)
- Water (56-64oz. per day)
- o Snacks
- o Driver's License

^{*}Bolded Items will need to be kept in a safe place and possibly stored somewhere else for access during normal life.



Lists for every member of the family

Young Boy (Age 4-10)

*Check that he will be able to carry his bag. Adjust canned items and water if needed.

- o Backpack
- o Pants
- o Shirt X2
- o Socks X2
- o Underwear X2
- Sweatshirt
- Hat
- Gloves
- o Shoes
- Toothbrush
- o Blanket
- Flashlight/Headlamp
- o Food (2-3 Canned/Non-

perishable Items)

- Water (40oz. per day)
- o Snacks

Young Girl (Age 4-10)

*Check that she will be able to carry her bag. Adjust canned items and water if needed.

- o Backpack
- o Pants
- o Shirt X2
- o Socks X2
- o Underwear X2
- Sweatshirt
- o Hat
- Gloves
- o Shoes
- o Toothbrush
- Blanket
- o Flashlight/Headlamp
- o Food (2-3 Canned/Non-

perishable items)

- Water (40oz. per day)
- o Snacks



Lists for every member of the family

Baby (Age 0-3)

- *Adjust Accordingly
- *Rotation will occur more often than once a year.
 - o Backpack
 - o Outfits X3
 - o Socks
 - Outerwear/Thick Extra Layers (for cold weather)
 - o Diapers (At least one package)
 - o Package of Wipes
 - o Binkie
 - o Blanket X2
 - Swaddle/Sleep Sack
 - o Baby Food
 - o Formula
 - o Bottles X2
 - o Spoon for pureed foods
 - Water Bottles (Enough for 3 days' worth of feedings)

Pets

- o Backpack
- o Food/Water Bowl
- Water (for 3 days)
- o Food (for 3 days)
- o Treats
- o Leash
- o Blanket to sleep on
- o Toy



Lists for every member of the family

Extras

- o First Aid Kit
- Extra Food
- Waterproof Lighter/Matches
- Flint and steel
- o Gas Stove
- o Propane
- o Garbage Bags
- o Toilet Paper
- Plates/Bowls
- o Utensils
- o Extra Soap
- Wipes
- Water Purifier
- o Batteries
- o Sunscreen
- o Bug Spray
- o Hand/Foot/Body Warmers
- Shelter/Tent
- o Ax
- o Shovel
- Duct Tape
- Walkie Talkies
- o Extra Blankets/Bedding
- Contact Solution/Glasses
- Deck of Cards (for entertainment)
- Hard Drive with pictures and copies of important documents

Non-Perishable Food Items:

- o Peanut Butter
- o Beef Jerky
- o Canned Soups
- o Spaghetti-O's/Ravioli
- o Canned Fish
- o Canned Meat
- o Canned Fruit
- o Canned Vegetables
- o Pasta
- Spaghetti Sauce
- o Freeze Dried Meals (Mountain

House is a common easy to find brand)

- o Dehydrated fruits/veggies
- Applesauce
- Vienna Sausages
- o SPAM
- o Protein Bars
- o Granola/Cereal Bars
- o Trail Mix
- Packaged Nuts
- o Oatmeal Packets (Store carefully

to avoid weevil)

- o Fruit Leather
- o Dry Cereal/Granola
- o Pureed Baby Food *Jars
- o Infant Cereal
- o Powdered Milk
- o Concentrated Juice Boxes

*Nonperishable food has a long shelf life but still has an expiration date. Remember to check these items to make sure they aren't expired or stale.

GRAB LIST

If you have some time before you need to evacuate, don't spend that time thinking about what additional things to pack. Have a pre-thought-out, grab list that has your valuable items that are too large or impractical to have as part of your disaster supply kits. Prioritize the list so the most important items are grabbed first. If you have 15 minutes, grab your family, disaster supply kits, and start collecting things from the top of the list. At 15 minutes, wherever you are on the list, you stop gathering and go. Attach your grab list to the outside of your disaster supply kit. Remember, this is *your* list. Personalize it to what is valuable to *you*.

Some grab list items may include but are not limited to:

- Wallet or purse
- Mobile phone
- House and car keys
- Coats, hats, boots, and gloves
- Diaper bag
- Umbrella or rain poncho
- · Additional food and water
- Medical equipment and supplies
- Additional blanket
- Portable toilet and other sanitation supplies
- Portable gas/solar generator
- 2-way radios and/or HAM radio
- Camera and binoculars
- Family heirlooms/records/photo albums
- Jewelry and valuables
- Religious items
- Laptop/external hard drive
- Wagon or cart if unable to use vehicle
- Stroller
- Walker, cane, and/or wheel chair
- Emergency preparedness reference books
- Camping supplies
- Sleeping bags
- Tent
- Tarp, stakes, and rope
- Camp stove with fuel and cooking kit
- Camp shower and towels
- Valuable collections
- C-Pap machine or portable oxygen
- Pets and their disaster supply kits
- Hunting and fishing gear
- · Small musical instruments

Anything that is of value to you or important for your survival and recovery



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- Sleep in wet sheets & clothing to promote evaporative cooling on yourself and in the room









Shelter-In-Place (SIP)

Hazardous chemical and biological incidents are unfortunately a very real possibility within our modern society. In the event of an airborne biological or chemical hazard, if you are unable to evacuate, you can shelter-in-place (SIP) with your family until the hazard blows through, usually in a matter of hours.

Prepare in Advance

Select a SIP Room

- An upstairs, interior room is preferable since many chemical hazards are heavier than air
- Choose a single room large enough to hold air for all members of your family, including pets

- 4 mil or thicker, clear plastic sheeting Precut and labeled to cover doors, windows, vents, and light
- 2 rolls medium grade or better duct tape To tape sheeting in place and cover all electrical outlets, plumbing, and other areas where air can seep in
- Battery operated AM/FM radio
- Bottled water, ready-to-eat food, and blankets to last a few hours
- Mobile phone
- Flashlight DO NOT use candles or open flames
- Porta-Potty If you chose a restroom as your SIP room, don't flush the regular toilet. It displaces valuable air
- Personal medications Any medical items that are essential to survive for a few hours
- · Books, games, or other diversions
- Step stool or ladder as necessary To reach ceiling fan, vents, or other out-of-reach places

Cover all doors, windows and vents with 4 to 6 mil. thick plastic sheeting

Cut the plastic sheeting several inches wider than the openings and label each sheet

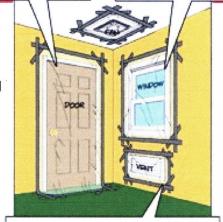
When the Emergency Happens

- 1. Go inside
- Close and lock doors and windows.
- 3. Turn off HVAC systems
- 4. Take family into the preselected SIP room
- 5. Seal doors, windows, vents, and other openings with precut and labeled plastic sheeting and duct tape
- 6. Turn on the AM/FM radio and listen for further instructions
- 7. Leave your SIP room when instructed

Typical duration is hours, not days!

- 8. Ventilate your house
- · Remember access and functional needs family members and neighbors in your shelter-in-place plans.

Prepare beforehand and practice shelter in place procedures. You may not have time in a real emergency to learn by trial and error.



Duct tape plastic at corners first, then tape down all edges









For more preparedness information: BeReady. Utah.gov





Water Storage

Your body is 60 to 70 percent water. It's necessary for all bodily functions. You can only last three to four days without it. If you are thirsty, you are already dehydrated.

Water is vital to our survival, so it's important to store a MINIMUM of 1 gallon of water per person per day in preparation for an emergency. That's a ½ gallon for drinking and a ½ gallon for food preparation and sanitation. You will need more at high altitudes or in dry climates. People who are older or sick, children, nursing mothers, and those who are physically exerting themselves will also need more.



Store a MINIMUM 2 week supply (14 gallons each) for you and your family in clean, airtight containers. Look for the "HDPE" and "2" label on containers for safe, long term storage.

You don't need to do anything to municipal "tap" water before filling your containers. It is already treated and ready for your storage. Be sure to fill your containers full. This keeps their gaskets moist and maintains an airtight seal.

After filling, put your water storage in an area or areas of your house that are cool, dark, and dry. Check your containers yearly and replace the water as necessary. If there are no leaks or contamination, water can be stored for 5 years or longer without rotation.

DO NOT store water in glass or metal because of breaking and rust. **DO NOT** store water in milk jugs. They break down and become brittle.

DO NOT store water in containers which held hazardous chemicals.

Make a Plan ✓ Get a Kit ✓ Be Informed ✓ Get Involved
For more preparedness information: BeReady.Utah.gov





Water Treatment

In an emergency situation, you may find yourself without clean and safe drinking water. Use the following process to <u>treat most water</u> and make it safe for drinking, cooking, first-aid, and hygiene. Remember to always start with the cleanest water you can find.

- 1. **Pre-Filter**. Filter water through cloth, cotton, or coffee filters to remove large particles. This will keep your main filter from clogging.
- 2. Filter. Put your pre-filtered water through your main filter. Many commercially purchased filters remove chemicals, sediments, microorganisms, and heavy metals. Most filters do not remove viruses. There are many sizes, styles, options, and levels of quality in water filters. Ask your local outdoor or preparedness dealer to help you find one that will meet your preparedness needs and budget.
- **3. Purification** is the final process that kills any remaining microorganisms in the water. There are different kinds of purification; these are the most common.
 - **Boiling**. A rolling boil for 3 minutes at Utah's average elevation will kill all organisms in the water. Higher elevations will require a longer boiling time. A lid helps water boil faster and prevents loss from evaporation.
 - **Iodine Tablets**. DO NOT use if pregnant, have an allergy to iodine, have a thyroid problem, or for longer than a few weeks. Follow manufacturer's directions.
 - Bleach has a one-year shelf life. Only use unscented, uncolored bleach.
 Add 8 drops of bleach to one gallon of untreated water and let it set for 30 minutes. If it does not have a slight bleach smell, repeat the process with 8 more drops.
 - **Chlorine Dioxide** is iodine and chlorine free. It is significantly stronger than iodine, with greater microorganism killing power. Chlorine dioxide does not discolor water, nor does it give water an unpleasant taste. Chlorine dioxide is often used to improve the taste of water. Follow manufacturer's directions.



For more preparedness information: BeReady.Utah.gov



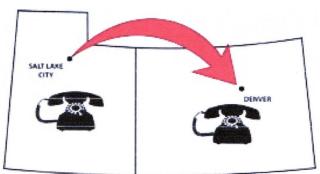


Family Communication Plan

Out-of-State Emergency Contact

It is often easier to call long distance after an emergency or disaster because local phonelines and cell towers are usually overwhelmed. Establish and practice using an out-of-state emergency contact. If not at home when the incident happens, all members of the household call the out-of-state contact and report his or her *status and location*. This allows the head of the house to call the out-of-state contact and get an accounting of all household members.

- Get permission from your contact beforehand and let them know what their role is.
- Make sure everyone knows who the contact is and when they need to be called.
- Volunteer to be your contact's emergency out-of-state contact.
- Sometimes text messages or emails can get through when a phone connection cannot.



Emergency Meeting Places

An important part of the family communication plan is knowing what to do if an emergency happens when family members are not at home. Have two or more predetermined emergency meeting places where your family can reunite if going home is not an option.

Outside Home Emergency Meeting Place: Choose some place that is a safe distance from your home in case of fire, but still within sight of your home. Choose a specific spot — not the park across the street, but a particular park bench, tree, or other permanent landmark. Not the house at the corner, but the south corner of their driveway. Teach young children to stay there until a parent or another

trusted adult arrives. Depending on age and ability of the children, you may want to have the meeting place on the same side of the street as your home to avoid having children crossing the street during the chaos of a house fire or other emergency with quickly arriving first responders.

Outside Neighborhood Emergency Meeting Place: It needs to be far enough away to be out of the immediate neighborhood, but close enough that it can be walked to if necessary. Probably around two or three miles. Again, choose a specific location. Aunt Judy's house or the north side of the church on Main Street.

✓ Make a Plan ✓ Get a Kit ✓ Be informed ✓ Get involved
For more preparedness information: BeReady.Utah.gov



Emergency Contact Information		Emergency Contact Information	
Emergency Contact:	ᢪ	Emergency Contact:	⁴
Phone: Email:	1	Phone: Email:	
Address:		Address:	
Out-of-State Contact:		Out-of-State Contact:	
Phone: Email:		Phone: Email:	
Outside Home Mtg Place:		Outside Home Mtg Place:	
Outside Neighborhood Mtg Place:		Outside Neighborhood Mtg Place:	
Phone:		Phone:	
Address:		Address:	
CALL 911 FOR EMERGENCIES		CALL 911 FOR EMERGENCIES	

Emergency Contact Information	Emergency Contact Information	
Emergency Contact:	Emergency Contact:	_ 4
Phone: Email:	Phone: Email:	_ '
Address:	Address:	
Out-of-State Contact:	Out-of-State Contact:	
Phone: Email:	Phone: Email:	
Outside Home Mtg Place:	Outside Home Mtg Place:	
Outside Neighborhood Mtg Place:	Outside Neighborhood Mtg Place:	
Phone:	Phone:	_
Address:	Address:	_
CALL 911 FOR EMERGENCIES	CALL 911 FOR EMERGENCIES	_

Emergency Contact Information		Emergency Contact	Information
Emergency Contact:	م	Emergency Contact:	
Phone: Email:	!'	Phone:	Email:
Address:		Address:	
Out-of-State Contact:		Out-of-State Contact:	
Phone: Email:		Phone:	Email:
Outside Home Mtg Place:		Outside Home Mtg Place:	
Outside Neighborhood Mtg Place:		Outside Neighborhood Mtg	Place:
Phone:	i	Phone:	
Address:		Address:	
CALL 911 FOR EMERGENCIES		CALL 911 FOR EMERG	GENCIES

Emergency Contact Information	Emergency Contact Information	
Emergency Contact:	Emergency Contact:	
Phone: Email:	Phone: Email:	
Address:	Address:	
Out-of-State Contact:	Out-of-State Contact:	
Phone: Email:	Phone: Email:	
Outside Home Mtg Place:	Outside Home Mtg Place:	
Outside Neighborhood Mtg Place:	Outside Neighborhood Mtg Place:	
Phone:	Phone:	
Address:	Address:	
CALL 911 FOR EMERGENCIES	CALL 911 FOR EMERGENCIES	