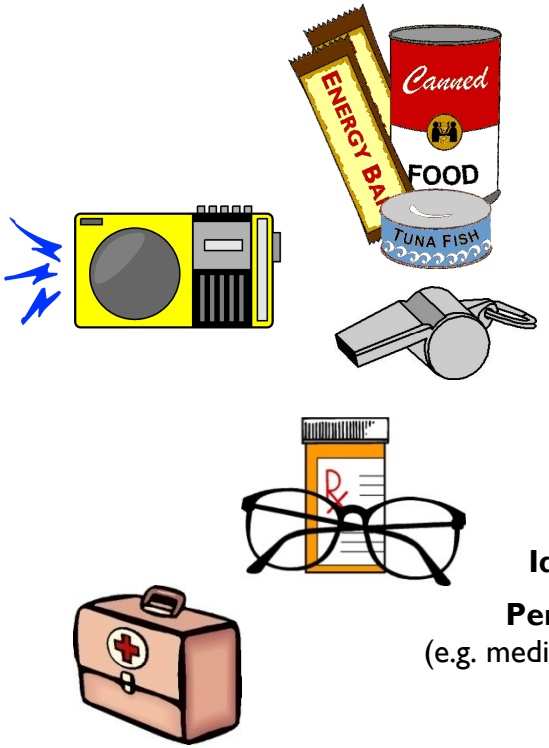




# Your Personal Go-Kit Top Eleven!



Keep a "Go-Kit" in your home, work and car – if an emergency strikes, you just pick up the kit and GO! Here is a list of the top eleven items that should be in your bag:



- Food**
- Water**
- Clothes**
- Flashlight**
- Whistle**
- Duct Tape**
- Garbage Bags**
- Radio**
- First Aid Kit**
- Identification Papers**
- Personal Support Items**  
(e.g. medication, eyeglasses, hearing aid)



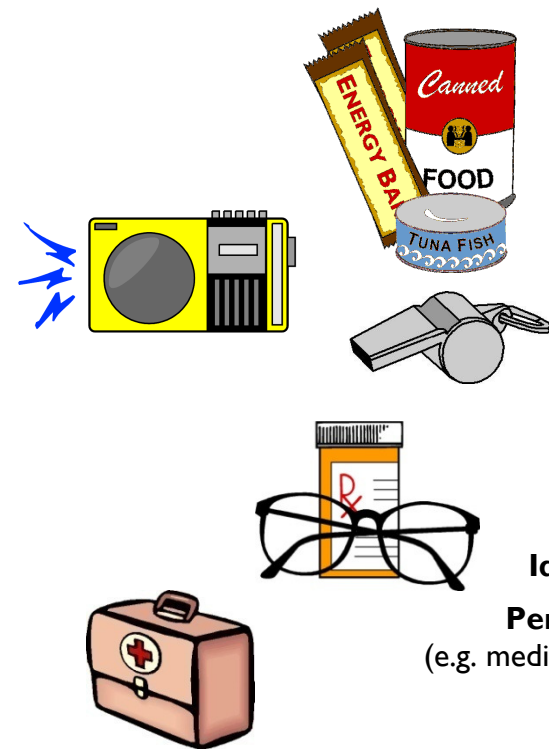
[www.CARDCanHelp.org](http://www.CARDCanHelp.org)



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Go to ...



### Five Easy Things You Can Do to Be Prepared:

- CARRY** a keychain flashlight and whistle with you everywhere  
Remember the code: 1 = Yes, 2 = No, 3 = HELP!
- NOTE** important information – contacts and resources – and keep it safe
- ASK** about preparedness – at your children's school, your work, or your neighborhood group
- TELL** people what they need to know – how to contact you, how to evacuate, how to prepare
- PACK** a go-kit that you can carry with you to leave safely in a hurry



CARD (Collaborating Agencies Responding to Disasters)  
(510) 451-3140 | [www.CARDCanHelp.org](http://www.CARDCanHelp.org) | [info@cardcanhelp.org](mailto:info@cardcanhelp.org)

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