



PERSONAL SAFETY CHECKLIST

Lions should prepare themselves and their families in the event of a natural, man-made, or healthcare emergency. The plan should include:

- Telephone numbers and e-mail addresses of family members. Contact information for an out-of-town person to be used as a central calling site.
- A familiar out-of-town meeting place for all family members.
- At least a half tank of gas in your car. An extra set of car keys.
- An emergency supply kit with:
 - Water - a gallon/liter of water per person for three days for drinking and sanitation
 - Food - a three-day supply of non-perishable food; a can opener
 - Radio - battery-powered or a hand-crank radio with extra batteries
 - Flashlight - extra batteries
 - First aid kit, first aid book, prescription medications, eyeglasses
 - A whistle to signal for help
 - A dust mask
 - Plastic sheeting and duct tape for sealing doors and windows
 - Moist towelettes
 - Garbage bags with plastic ties
 - A wrench or pliers to turn off household utilities
 - Local maps

Additional supplies may include:

- Infant formula and diapers
- Pet food and extra water
- Copies of identification papers, insurance policies, bank accounts
- Money, traveler's checks, credit card
- Sleeping bags or blankets
- A change of clothing and sturdy footwear
- Household chlorine bleach and a medicine dropper (an effective disinfectant is nine parts water to one part bleach; to treat water, use 16 drops of bleach per gallon or liter of water. Do not use scented or color safe bleaches with added cleaners.)
- Fire extinguisher
- Matches in a waterproof container
- Personal hygiene products
- Plastic utensils, paper cups, plates, and towels
- Paper and pencil
- Books, games, puzzles, and other activities for children.

Before mobilizing as a member of a Lions ALERT Team, Lions should fulfill this personal safety checklist for themselves and their families.