

## March



FEMA News Photo

### SUPPLIES:

- Emergency radio
- Back-up phone power banks
- Personal hygiene items
- + 1 day of food, water and cash

### PREP FOR YOUR PETS AND BABIES

As you add to your supplies each month, remember the special needs of pets and babies.



- Food
- Extra water
- Leash
- Carrier
- Medicine
- Photo of your pet
- Familiar items

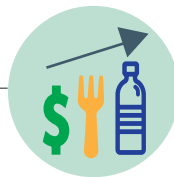


- Baby food/formula
- Extra water
- Diapers & wipes
- Rash cream
- Teething needs
- Carrier/sling
- Familiar items



Some ideas for your hygiene kit:

- Toilet paper
- Hand sanitizer
- Wet wipes
- Soap
- Lip balm
- Feminine products
- Toothbrush
- Toothpaste
- Nail clippers
- Tweezers
- Hand towel
- Wash cloth
- Lotion
- Sunscreen



Add 1 day to the food, water and cash you stored last month. Continue to prioritize non-perishable, high protein, easy-to-prepare items like canned foods, nuts, and dried fruits. One day of water = 1 gallon/person.

### Food & Water Goal

14 days		
13	-----	Dec
12	-----	Nov
11	-----	Oct
10	-----	Sept
9	-----	Aug
8	-----	July
7	-----	June
6	-----	May
5	-----	April
4	-----	March
3	-----	Feb
2	-----	Jan
1	-----	



Many emergency radios offer solar charging, flashlights and the ability to charge a cell phone. Some also feature a hand crank as a power supply.