



Recommended Items to Include in a Basic Emergency Supply Kit:

Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Ready 



Federal Emergency Management Agency
Washington, DC 20472



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Ready

Prepare. Plan. Stay Informed.®



Emergency Supply List



FEMA

www.ready.gov

Family Supply List

- Cash or travelers checks
- Lantern with extra fuel
- First Aid Kit

- Bandages
- Gauze
- Scissors
- Petroleum jelly
- Antiseptic spray
- Hydrogen Peroxide
- Antacids
- Aspirin
- Thermometer
- Rubbing Alcohol
- Anti-diarrhea medication

- One flashlight per person with extra batteries
- Tarp [for temporary roof repair]
- Tools and Repair Supplies:

- Hammer
- Nails
- Ax
- Knife
- Pliers
- Handsaw
- Screwdrivers
- Heavy gauge gloves

- Matches
- Mosquito Repellent
- Food and supplies:
It is recommended you have at least a three day supply.

- Drinking water (1 gal. per person per day)
- Household bleach for water purification (or iodine if members of your family are allergic)
- Food (canned or dried food that requires no cooking or refrigeration)
- Manual Can Opener
- Disposable eating utensils and plates

- Sunglasses
- Sunscreen
- Baby Supplies:

- Formula
- Bottles
- Powdered Milk
- Diapers
- Medication

- Hygiene Items:

- Soap
- Personal Hygiene Items
- Towelettes or Paper Towels
- A Box Plastic Trash Bags

- Pet Supplies:

- Food
- Leash and/or carrier
- Vaccination Records
- Food and water containers

- Documents:

- Important Telephone Numbers
- Record of bank accounts numbers
- Family Records (Birth, Marriage, Death Certificates)
- Inventory of Household goods
- Copy of Will, Insurance policies, contracts, deeds, etc.
- Record of credit card account numbers and companies

- Copy of passports, social security cards, immunization records.
- Valuable computer information
- Family Pictures



NOAA Extreme Weather INFORMATION SHEET



To download the latest updated version of this sheet: www.ncddc.noaa.gov/NEWIS

STATE INFORMATION

North Carolina Official Website	www.nc.gov
North Carolina Division of Emergency Management	919-825-2500
.....	www.ncdps.gov/our-organization/Emergency-Management
ReadyNC.org.....	www.readync.org
ListoNC.org (Español).....	www.readync.org/SP/index.html
North Carolina Department of Transportation (www.ncdot.gov).....	1-877-DOT-4YOU
North Carolina Travel Information.....	www.ncdot.gov/travel
North Carolina Travel Information Management System.....	www.ncdot.gov/traffictavel
North Carolina Department of Public Safety (www.ncdps.gov).....	919-733-2126
North Carolina Department of Health & Human Services (www.ncdhhs.gov).....	919-855-4800
North Carolina Department of Labor (www.nclabor.com).....	919-807-2796 or 1-800-NCLABOR
North Carolina Department of Agriculture & Consumer Services (www.ncagr.gov).....	919-707-3000
North Carolina Department of Commerce (www.nccommerce.com).....	919-814-4600
North Carolina Governor's Office (https://governor.nc.gov).....	919-814-2000
North Carolina Department of Justice (http://ncdoj.gov).....	919-716-6400
North Carolina Department of Insurance (www.ncdoi.com).....	855-408-1212
North Carolina Department of Environment Quality (http://deq.nc.gov).....	1-877-623-6748
National Weather Service Forecast Office (Wilmington, NC) (www.weather.gov/ilm).....	910-762-4289
National Weather Service (Raleigh, NC) (www.weather.gov/rah).....	919-515-8209
National Weather Service (Newport/Morehead City, NC) (www.weather.gov/mhx).....	252-223-5737
U.S. Coast Guard (Sector North Carolina) (www.uscg.mil/d5/sectnorthcarolina).....	910-362-4015
Dominion (www.dom.com).....	1-866-DOM-HELP (366-4357)
Duke Energy-Progress (www.duke-energy.com).....	Outage 1-800-419-6356
Carteret-Craven Electric Cooperative (www.carteretcravenelectric.coop).....	252-247-3107 or 1-800-682-2217
Four County Electric Membership Corporation (www.fourcty.org).....	1-888-368-7289 or 910-259-2361
Jones-Onslow Electric Membership Corporation (www.joemc.com).....	Outage 910-353-7117 or 1-800-681-4146
Lumbee River Electric Membership Corporation (www.lumbeeriver.com).....	1-800-683-5571 or 910-843-4131
Pitt & Greene Electric Membership Corporation (www.pgemc.com).....	252-753-3128 or 1-800-622-1362
Tri-County Electric Membership Corporation (www.tcemc.org).....	919-735-2611 or 1-800-548-4869
South River Electric Membership Corporation (www.sremc.com).....	1-800-338-5530 or 910-892-8071

FOR EMERGENCIES CALL 911 • FOR NON-EMERGENCIES CALL 211

COUNTY INFORMATION

CARTERET

.....	www.carteretcountygov.org
Emergency Management.....	252-222-5841
Sheriff.....	252-726-1911

GREENE

.....	www.co.greene.nc.us
Emergency Management.....	252-747-2544
Sheriff.....	252-747-3411

CRAVEN

.....	www.cravencounty.com
Emergency Management.....	252-636-6608
Sheriff.....	252-636-6620

JONES

.....	www.jonescountync.gov
Emergency Management.....	252-448-1221
Sheriff.....	252-448-0035

CUMBERLAND

.....	www.co.cumberland.nc.us
Emergency Management.....	910-321-6736
Sheriff.....	910-323-1500

LENOIR

.....	www.co.lenoir.nc.us
Emergency Management.....	252-559-1911
Sheriff.....	252-559-6100

DUPLIN

.....	www.duplincountync.com
Emergency Management.....	910-296-2160
Sheriff.....	910-296-2150

ONSLOW

.....	www.onslowcountync.gov
Emergency Management.....	910-347-4270
Sheriff.....	910-455-3113

East
Central
NORTH CAROLINA

PENDER

..... www.pendercountync.gov
 Emergency Management.....910-259-1210
 Sheriff.....910-259-1212

PAMLICO

..... www.pamlicocounty.org/
 Emergency Management.....252-745-4131
 Sheriff.....252-745-3101

SAMPSON

..... www.sampsonnc.com
 Emergency Management.....910-592-8996
 Sheriff.....910-592-4141

WAYNE

..... www.waynegov.com
 Emergency Management.....919-731-1416
 Sheriff.....919-731-1481

NATIONAL INFORMATION

American Red Cross..... 1-800-RED-CROSS (1-800-733-2767)
 www.redcross.org
 Centers for Disease Control.....www.cdc.gov
 Environmental Protection Agencywww.epa.gov
 Federal Emergency Management Agency (FEMA)..... 1-800-621-FEMA (3362)
 www.fema.gov
 Agencia Federal para el Manejo de Emergencias (FEMA)www.fema.gov/es
 National Oceanic and Atmospheric Administration (NOAA) www.noaa.gov
 National Weather Service www.weather.gov
 Gulf of Mexico Disaster Response Center . oceanservice.noaa.gov/hazards/drc/
 National Data Buoy Centerwww.ndbc.noaa.gov
 National Hurricane Centerwww.nhc.noaa.gov
 National Centers for Environmental Information (NCEI) .. www.ncei.noaa.gov
 National Environmental Satellite, Data, and Information Service (NESDIS)
 www.nhc.noaa.gov/satellite.shtml
 US Department of Homeland Securitywww.dhs.gov



DOWNLOAD THE FREE NEWIS APP

Compatible with iPhone, iPod Touch, and iPad! Search 'NEWIS' in the App Store to download on your Apple device.

NATIONAL HURRICANE CENTER MOBILE DATA

Graphical Tropical Weather Outlook RSS/XML feed
 www.nhc.noaa.gov/gtwo.xml
 Website for Tablets and Smartphones..... www.nhc.noaa.gov/mobile

RADIO STATIONS

105.7 FM WRSF (Columbia)	98.7 FM WRMR (Jacksonville)
102.5 FM WERX (Columbia)	95.1 FM WRNS (New Bern)
98.1 FM WQSM (Fayetteville)	93.3 FM WERO (Washington)
95.7 FM WKML (Fayetteville)	97.3 FM WMNX (Wilmington)
96.9 FM WWPL (Goldsboro)	

NOAA WEATHER RADIO

Not manufactured by NOAA, NWR receivers can be purchased at many retail outlets and on the Internet

NOAA Weather Radio (NWR) All Hazards is a nationwide network of radio stations broadcasting continuous weather information directly from a nearby National Weather Service office. NWR broadcasts National Weather Service warnings, watches, forecasts, and other hazard information 24 hours a day.

162.400	162.425	162.450	162.475	162.500	162.525	162.550
MHz	MHz	MHz	MHz	MHz	MHz	MHz

North Carolina 511 Information Line

511 is an abbreviated dialing code for travelers to access highway, multi-modal, and other pertinent travel information via landline or wireless phones. By collecting travel information, the North Carolina Department of Transportation (NCDOT) is able to disseminate travel information like construction, incidents, traffic, and transit, so that the public can make educated decisions about travel times, routes, and modes.

Types of Information Available

- Traffic incidents, major closures, and construction on Interstates, US Routes, and State Routes in NC
- Weather Conditions Statewide
- Amber Alerts
- Links to Neighboring States' 511 Phone Systems

For more information,
visit the NCDOT 511 website at
www.ncdot.gov/travel/511

PREPARED BY

The Center for Coasts, Oceans & Geophysics of NOAA's National Centers for Environmental Information under NESDIS

1-866-732-2382 or email:
NCEI.Info@noaa.gov

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