



BR READY:

Program

We want you ready!

Use this visual guide to check the contents of your emergency backpack.

BREMERGENCY.ORG

In case of emergency call 911

Police: _____

Fire dept: _____

Medical services: _____






Please fill with your local area emergency contact numbers.

Check the items that you already have in your backpack

Personal

- Water for 2 days 
- Can opener 
- Cutlery 
- Food for 2 days 
- Valid ID 
- Important documents 
- Clothing for 2 days 
- Blanket

Hygiene

- Face masks 
- Hand sanitizer 
- Soap 
- Shampoo
- Toothbrush and toothpaste
- Napkins / Tissue or wipes 
- Toilet paper 



Health

- First aid kit 
- All medications 

Communication

- Map 
- Whistle 
- Phone with charger 
- Radio with batteries 
- Flashlight with batteries 

Other

- Duct tape 
- Empty bags 

Date revised: _____

This is a guide to start getting your emergency backpack ready. Each person and family may have different needs; for that reason it is important to discuss the content of your bag with other family members so it can be adjusted as needed. Kids should not have direct access to medications or potentially harmful artefacts without the supervision of a responsible adult. Visit our webpage Bremergency.org

Name: _____ Phone number: _____

EMERGENCY CONTACT PERSON

Name: _____

Address: _____

Phone Number: _____

Please use the information of a person that can be contacted in case you have an emergency; it could be a family member or a friend.

Health Problems

Lost all your Health Problems:

Primary physician information

Name of your primary doctor: _____

Your primary doctor's phone number: _____

Allergies: _____

INCLUDE ALL THE MEDICINES THAT YOU TAKE

Name and strength of medicine



How much do you take?



When to take it

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Add additional paper if you need more space.

Keep a copy of this filled document in your phone.

