

## SENIOR NUGGETS - JULY 2017

### Do You Have a Disaster Supplies Kit?

Tornados, hurricane season, earthquakes, flash floods, fires, and other disaster items bring damages to areas. This issue features an outline of what you need to have on hand for any year-round Emergency Disaster Supply Kit and a few more tips:

**Travel** – take photos with your cell phone. Avoid paying international rates (\$1.50 plus per minute, put your cellphone in **airplane mode** all the time. This will disable your phone's voice and data feature's. Your phone won't receive calls, voice mail, texts or email – and you won't be billed. Ask your carrier about an international plan for time on travel. There is a fee, but you can cancel the plan once home. Alternate: purchase a disposal phone abroad (airport, stores etc.)

**ATMS** – are plentiful in Europe, but conversion fees are very high. Change money only in banks, avoid hotels, shops, restaurant, the conversion rate will be high.

**MONEY** – order international funds from your bank, or AAA office (membership not required)

**RENTAL CARS: An INTERNATIONAL DRIVER'S LICENSE** – is required (obtain at AAA, membership not required)

**CREDIT CARD:** Always let your provider know you are going on travel, it avoids having card 'locked' for unusual activity.

## **2017 SENIOR NUGGET DISASTER SUPPLIES KIT**

- Water – one gallon per person, per day (3-day supply for evacuation and 2-week supply for home)
- Food, include foods that do not need cooking (canned, dried, etc.) Three-day supply for evacuation and two-week supply for home.
- Flashlight with extra batteries and bulbs (outdoor solar lights work too)
- Battery-operated or hand-crank radio
- First-aid kit and manual
- Medications (seven-day supply) and medical items
- Multi-purpose tool (several tools that fold up into a pocket-size unit)
- A whistle to alert responders (one for everyone to wear around neck)
- Sanitation and personal hygiene items (e.g., toilet paper, plastic garbage bags, buckets, wipes, tissue)
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies, passport, ID, credit card list, Government issued ID)
- Cell phone with an extra battery and charger(s)
- Family and friend's emergency contact information
- Cash and coins (ATMs may not be accessible)
- Emergency blanket(s)
- Map(s) of local area
- One or two changes of clothes
- Manual can opener
- Pet supplies (including food and vaccination records)
- Extra set of keys (car, house, garage, etc.)
- Pack game boards, books, cards to provide entertainment
- Baby formulas, diapers, clothes, blankets, socks, toy
- **DISCUSS WHERE FAMILY IS TO MEET IF SEPARATED**

Wishing all having a July birthday, a very Happy Birthday

**Senior Nuggets are also posted on Atholton's website**