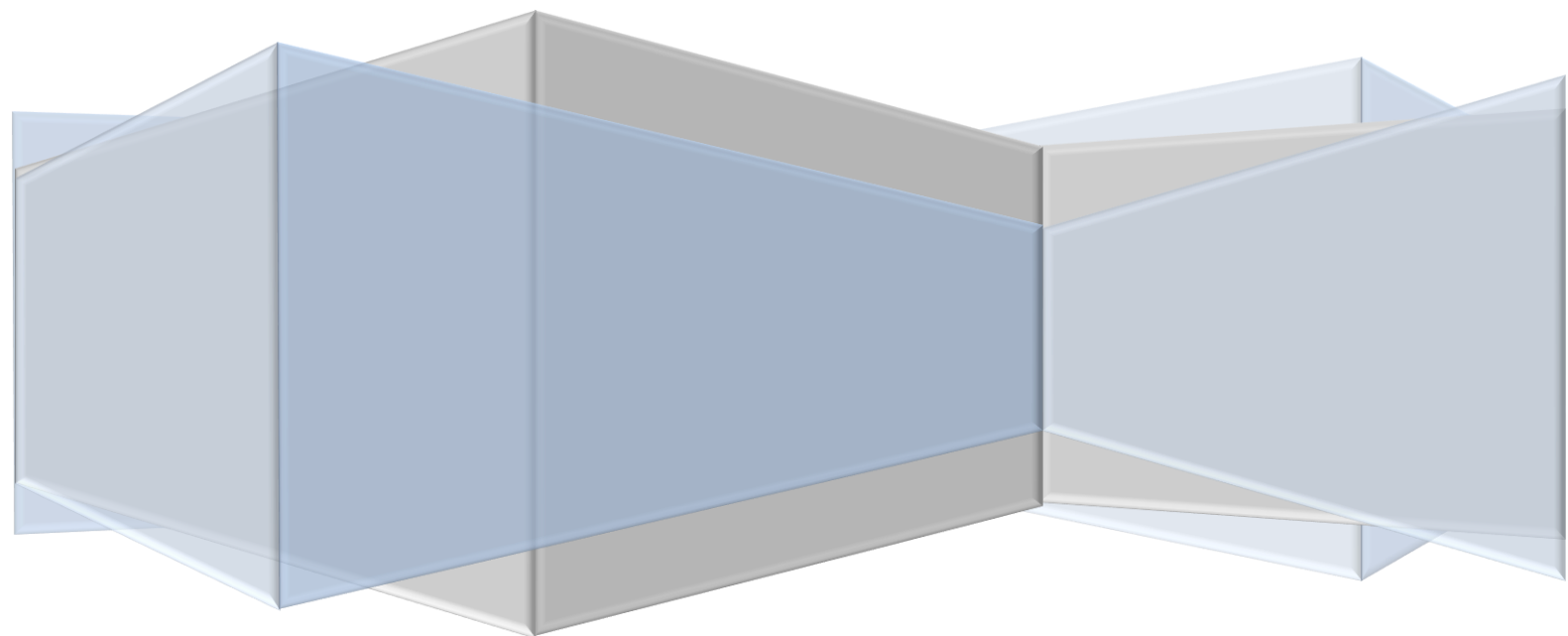


# ESSENTIALS FOR EMERGENCY



**Pay attention for Risks and be prepared for**

**Rainer William Dougie Mac Dalkeith**



# 24 Items For Your Emergency Travel Kit

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Struggle to think of possible necessities to pack in your emergency travel kit when going abroad? No need to worry, as we are here with 25 ideas you could take with you on your travels, to help if you were to find yourself in a bit of a sticky situation abroad.



1. Plasters of various sizes
2. Painkillers - such as paracetamol and ibuprofen
3. A small travel sized sewing kit
4. Cotton wool
5. Hand sanitizer
6. Wet wipes
7. A carrier bag
8. A thermometer
9. A small bottle of suncream
10. Insect repellent

11. A spare phone charger
12. A pen
13. A note pad
14. A map of the area you are staying in
15. A packet of tissues
16. Antiseptic wipes
17. Medical adhesive tape
18. Anti-diarrhoea tablets
19. Motion sickness tablets
20. Tweezers - for removing splinters etc
21. Proof of your insurance cover
22. A contact card with your details on - including your name, birthday, address, and the name of the hotel you're staying at
23. A copy of your passport
24. A small bottle of water

Don't forget, to get your travel insurance

# 10 Essentials for Your Emergency Kit

Older adults can be especially vulnerable during severe weather.

Stock your emergency kit with these essentials.



To learn more about how older adults can be prepared, visit [www.nia.nih.gov/disaster-preparedness](http://www.nia.nih.gov/disaster-preparedness).



## 10 Emergency Kit Essentials

Older adults can be especially vulnerable during severe weather and natural disasters. Stock your emergency kit with these 10 essentials.

### Emergency kits should contain:

- ☐ Water and non-perishable food
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Sanitation and hygiene supplies
- ☐ Sleeping bags and warm blankets
- ☐ Communication devices
- ☐ Change of clothes and shoes
- ☐ Eyeglasses and hearing aids
- ☐ Medications and equipment
- ☐ Health information and documents

# What is in a 72 hour emergency kit list?

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## **Contents Include:**

- ☐ 1 - Heavy-Duty Durable Backpack.
- ☐ 1 - Flashlight and Batteries.
- ☐ 1 - Crank-powered Flashlight/Radio/Cell Phone charger with Weatherband and lithium-ion battery.
- ☐ 1 - Multi-Tool.
- ☐ 1 - Emergency Food bars (6 pack)
- ☐ 4 - Emergency Water pouches 4 oz.
- ☐ 1 - 3.5gal Portable Water Container.
- ☐ 1 - Emergency Rain Poncho.



# Staying Safe in Hot Weather

## Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



## Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

## 5 TIPS for Exercising Safely in Cold Weather

Don't let falling temperatures stop you from exercising outdoors. By taking a few extra steps to stay safe, you can walk, run, ski, ice skate, and more.

1

**Warm up and cool down.** Stretch or walk in place to prepare and restore your muscles before and after a workout.

2

**Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.

3

**Be extra careful in snow and ice.** Check sidewalks before using them. Wear nonskid, rubber-soled, low-heeled shoes to help prevent slipping.

4

**Check the forecast.** If it's too windy, cold, icy, or wet outside, consider staying indoors and using an online workout video or your own routine.

5

**Be prepared.** Know the signs of hypothermia, inform others of your outdoor whereabouts, and carry a fully charged mobile phone.



# 24 Items for Your Emergency and Travel Kit

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travel insurance**