The key to surviving a natural disaster is preparation. Fail to prepare, prepare to fail. Gear up for anything mother nature can throw at you by ensuring you always have the following items prepared:

<table>
<thead>
<tr>
<th>Be Prepared...</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pack in a lightweight, waterproof go-bag the following:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Water and rehydration sachets</strong></td>
<td><strong>High-energy food</strong></td>
</tr>
<tr>
<td><strong>Emergency blanket</strong></td>
<td><strong>A change of clothes</strong></td>
</tr>
<tr>
<td><strong>Fully charged mobile or portable radio</strong></td>
<td><strong>Torch or portable lamp and batteries</strong></td>
</tr>
<tr>
<td><strong>A whistle to attract attention</strong></td>
<td><strong>Personal toiletries for hygiene</strong></td>
</tr>
</tbody>
</table>

Safesteps.com

National Geographic Channel

Safe steps tips approved by International Federation of Red Cross and Red Crescent Societies
The key to surviving a natural disaster is preparation. Fail to prepare, prepare to fail. Gear up for anything mother nature can throw at you by ensuring you always have the following items prepared:

- WATER, FOOD, FIRST AID KIT, SOAP
- CLOTHING
- TORCH, RADIO, MOBILE PHONE
- IMPORTANT PAPERS
- MONEY

SAFE STEPS AMBASSADOR

MANNY PACQUIAO

EMERGENCY KIT

SAFESTEPS.COM

SAFE STEPS TIPS
APPROVED BY: International Federation of Red Cross and Red Crescent Societies

PRUDENCE FOUNDATION