



# [EMERGENCY KIT]

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:

## BE PREPARED...

|   |                                      |   |                              |
|---|--------------------------------------|---|------------------------------|
|   |                                      |   |                              |
| PACK IN A LIGHTWEIGHT, WATERPROOF GO-BAG THE FOLLOWING: | WATER AND REHYDRATION SACHETS        | HIGH-ENERGY FOOD                              | FIRST AID SUPPLIES           |
|   |                                      |   |                              |
| EMERGENCY BLANKET                                       | A CHANGE OF CLOTHES                  | WATERPROOF RAIN COAT                          | STURDY SHOES AND WORK GLOVES |
|   |                                      |   |                              |
| FULLY CHARGED MOBILE OR PORTABLE RADIO                  | TORCH OR PORTABLE LAMP AND BATTERIES | MULTIPURPOSE POCKET KNIFE TOOL                | MATCHES                      |
|   |                                      |   |                              |
| A WHISTLE TO ATTRACT ATTENTION                          | PERSONAL TOILETRIES FOR HYGIENE      | EMERGENCY AND VITAL RECORDS IN WATERPROOF BAG | CASH                         |



# SAFE STEPS

YOU TOO CAN BE A SURVIVOR

## MANNY PACQUIAO

**SAFE STEPS AMBASSADOR**




EMERGENCY KIT

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



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

