Hello. It has been quite some time since we had our **Emergency Preparedness Training.** This is just a friendly reminder for us to make sure we all have our supplies and that any food supplies, water, that is expired is replenished.

- ☐ 1 roll of toilet paper
- ☐ Baby wipes & other hygiene products (ie, feminine pads)
- ☐ Meds, if applicable
- ☐ Water
- ☐ Snacks
- ☐ Emergency contact names, phone numbers, and e-mail addresses
- ☐ Light source (flashlight, battery/crank, lightsticks, etc.)
- ☐ Cell phone charger
- ☐ Sturdy shoes
- ☐ Blanket/Sleeping Bag
- ☐ Clothes (ie, waterproof jacket, sweatshirt, pants, socks, undergarments, etc.)
- ☐ garbage bags
- ☐ Comfort items (M&Ms, family photo, deck of cards, harmonica, etc.)
- ☐ Chapstick

Best Regards,
Your Friends at VIVA Hispanic Foundation NW
http://www.vivahispanicfoundation.com/