

# AM I PREPARED? AN EXTREME WEATHER EVENT CHECKLIST

- ◇ I know which extreme weather events will affect my neighborhood
- ◇ I know where my closest emergency shelter is
- ◇ My family and I have a communication plan in case of an emergency
- ◇ I know which of my neighbors are elderly or disabled and might need my help in case of heat waves, flooding or storms
- ◇ My neighbors know if I will need help in case of heat, flooding, storms
- ◇ I know how to be safe in case of extreme cold, extreme heat or severe flooding
- ◇ I know of groups in my community who can help me to find out how to prepare for climate change

Want to learn more about emergency preparedness or receive help in preparing your neighborhood and community for climate impacts?

**Let CREW know!**

[www.climatecrew.org/get\\_involved](http://www.climatecrew.org/get_involved)

**Visit our website to sign up for our newsletter, learn more about climate preparedness and get involved:**

[www.climatecrew.org](http://www.climatecrew.org)

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# ARE YOU PREPARED FOR EXTREME WEATHER?



COMMUNITIES RESPONDING  
TO EXTREME WEATHER



# WHAT IS CREW?

## OUR MODEL

We are a community-based organization that equips community leaders and volunteers with the training, local organizational structures, and technological support needed to build climate resilience.

We build grassroots climate resilience through inclusive & hands-on:

- ◇ **Education:** Conducting outreach; Hosting workshops; Attending conferences on climate impacts, emergency preparedness, and resilience
- ◇ **Service:** Preparing for climate impacts, such as by helping expand green infrastructure; Responding to extreme weather events by aiding relief efforts; Supporting local refugees
- ◇ **Planning:** Facilitating local participatory resilience planning workshops; Empowering citizens to engage in community planning processes; Advocating for inclusive, sustainable, & equitable municipal resilience plans

# WHAT CAN I DO?

1. **Stay informed** about extreme weather events on a NOAA Weather Radio (NWR), All Hazards: [www.weather.gov/nwr/](http://www.weather.gov/nwr/)
2. Set up a **meeting point** with your family and gather information on the shelter that is closest to you: [www.disasterassistance.gov](http://www.disasterassistance.gov)
3. Make a **family/household communication plan** and practice it with your family: [www.ready.gov/plan](http://www.ready.gov/plan)
4. Check if your **house is prepared:** [en.klimatilpasning.dk/tools/theresilienthouse/theresilienthouse.aspx](http://en.klimatilpasning.dk/tools/theresilienthouse/theresilienthouse.aspx)
5. **Get involved in your community:** [www.ready.gov/get-involved](http://www.ready.gov/get-involved) and [www.climatecrew.org/get-involved](http://www.climatecrew.org/get-involved)
6. **Start a CREW Team** with others in your neighborhood who are interested in building resilience with you: [www.climatecrew.org](http://www.climatecrew.org)

# BUILD A PREP KIT

## BASIC NEEDS

- ◇ At least a 3-day supply of water - one gallon per person per day
- ◇ At least a 3-day supply of food - foods that are easy to make & won't spill (e.g. canned soup, dried pasta, and powdered milk)
- ◇ Manual can opener
- ◇ Basic utensils
- ◇ Multipurpose tool
- ◇ Whistle



## HEALTH SUPPLIES



- ◇ First aid kit
- ◇ 3 day supply of all medicines
- ◇ Any medical supplies you require, such as syringes, a walking cane, or hearing aids with extra batteries
- ◇ Soap
- ◇ Toothbrush and toothpaste
- ◇ Baby wipes

## DOCUMENTS

- ◇ Copies of important documents (e.g. insurance cards and immunization records)
- ◇ Paperwork about any serious or ongoing medical condition
- ◇ Your completed family emergency plan, including family and emergency contact information



## OTHER IMPORTANT ITEMS



- ◇ Emergency blanket
- ◇ Electronics
- ◇ Flashlight
- ◇ Radio (battery-powered, solar, or hand-crank) for updates on the situation
- ◇ Cell phone with chargers
- ◇ Extra batteries
- ◇ Extra cash
- ◇ Maps of the area
- ◇ Extra set of car keys and house keys

