



**One item a month.
One step closer to being prepared.**

April's Featured Item: Hygiene & Medicine

Putting an emergency kit together will allow you to be better prepared for any type of emergency in the future. This month we are focusing on hygiene and medicine.

When putting together your emergency kit, it is important to include items that will help you with personal hygiene. It's possible there may not be clean running water in a disaster, leaving you unable to shower or wash your hands.

Here's a list of items to include in your kit for personal hygiene:

- Moist towelettes
- Garbage bags and plastic ties for personal sanitation
- Hand sanitizer
- Feminine supplies
- Mouth wash
- Contact lens supplies
- Toilet Paper
- Deodorant
- Diapers and baby wipes (for those with young children)

You should also make sure to include any medications or items for those with special needs. Some things to consider:

- Extra eyeglasses
- Hearing aids
- Batteries for hearing aids, motorized wheelchairs, or other battery-operated medical assisted devices
- Copies of medical prescriptions
- Medical alert tags/bracelets
- Extra medicine, oxygen, insulin, catheters, or other medical supplies that are used regularly (if possible)

A good way to keep a list of medications or instructions of medical needs is with [Vial of Life](#). Here is a short [video](#) on how it works!