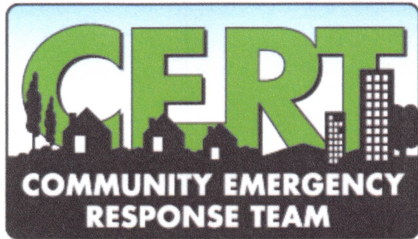


Skagit Community Emergency Response Team

Basic Training

Starts Tuesdays January 14

Registration is Now Open



Date

Session

January 14, 6:30-9:30 PM

Overview: Disaster Preparedness

January 21, 6:30-9:30 PM

Fire Suppression

January 28, 6:30-9:30 PM

Disaster Medical Operations - I

February 4, 6:30-9:30 PM

Disaster Medical Operations - II

February 11, 6:30-9:30 PM

Light Search and Rescue

February 18, 6:30-9:30 PM

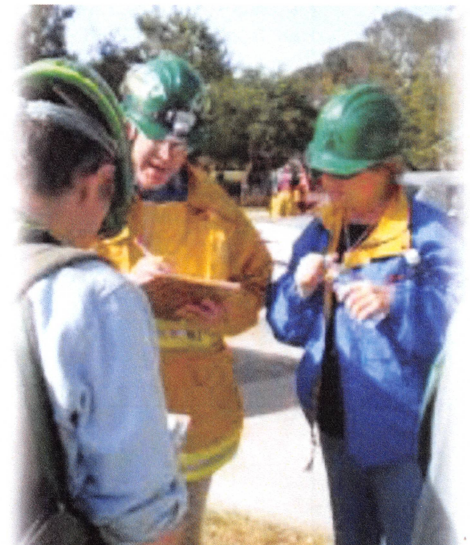
CERT Organization / Disaster
Psychology

February 22, 9:00 AM-Noon

Terrorism, Table Top Exercise,
Final Test Review

February 22, 1:00-5:00 PM

Disaster Final Exercises,
Graduation



[Registration Link](#)



Location

Skagit County DEM Training Room
2911 E. College Way, Mount Vernon WA

Questions

Txt 360.202.3106

Email: skagitcocert@gmail.com

72-Hour Disaster Preparedness Kit



ANACORTES FIRE DEPARTMENT

✓ Water

Store 1 gallon/person/day (2 quarts for drinking and 2 quarts for food preparation and sanitation.

___ people x 3 = gallons of water you need for your family for 3 days.



Don't forget water for your pets !

✓ Food



- ◆ Canned meats, fish, fruit and vegetables
- ◆ Canned juices, milk, soups
- ◆ Sugar, salt, pepper
- ◆ High energy foods - peanut butter, jelly, crackers, granola bars, trail mix, nuts, jerky, dried fruits, etc.
- ◆ Comfort/stress foods - cookies, hard candy, cereal, coffee, tea, powdered drink mixes, etc.
- ◆ Foods for infants, elderly or people on special diets



Don't forget food for your pets!

✓ Sanitation



- ◆ Disinfectant
- ◆ Feminine supplies (tampons, pads, etc.)
- ◆ Household chlorine bleach
- ◆ Personal hygiene items (tooth brushes, toothpaste, or baking soda, brush, comb, deodorant, shaving cream, razors, etc.)
- ◆ Plastic garbage bags with twist ties, small plastic grocery bags
- ◆ Plastic bucket with tight lid (for human waste use)
- ◆ Soap, liquid detergent, hand sanitizer (with at least 60% alcohol), moist towelettes, hydrogen peroxide
- ◆ Toilet paper and baby wipes
- ◆ Wash cloths, hand and bath towels



Pets - cage, carrier, kitty litter, etc.

✓ Clothing and Bedding

- ◆ At least 1 complete change of clothing and footwear per person
- ◆ Blankets or sleeping bags
- ◆ Rain gear



Pets - bedding, leash, muzzle

✓ Tools & Emergency Supplies



- ◆ Aluminum foil and re-sealable plastic bags
- ◆ Battery operated radio and extra batteries
- ◆ Cash in small bills and change
- ◆ CD to be used as reflector if stranded
- ◆ Compass
- ◆ Flashlight and extra batteries
- ◆ Manual can opener and utility knife
- ◆ Map of the area
- ◆ Matches in a waterproof container, candles
- ◆ Paper and pencil
- ◆ Paper cups, plates, plastic utensils, paper towels
- ◆ Plastic sheeting
- ◆ Tape (plastic and duct)
- ◆ Signal flares
- ◆ Tools - pliers, screwdrivers, shovel
- ◆ Small camp stove and mini propane bottle
- ◆ Wrench (to turn off household gas and water)
- ◆ Whistle
- ◆ First aid kit - bandages, adhesive tape, antibiotic ointment or gel, antiseptic wipes, cleansing agent, cotton swabs, disposable gloves, gauze pads, scissors, thermometer, tweezers, etc.



Pets - medications, special foods and medical/immunization records and toys.

✓ Special Items

- ◆ Entertainment - games, books, cards
- ◆ Important family documents (wills, passports, birth certificates, etc.) Keep in waterproof, container and update as needed

For Infants

- ◆ Bottles, diaper, baby wipes, diaper rash ointment, formulas, cereal, medications, powdered milk, juices, small toys

For elderly and disabled

- ◆ Special medications, list of prescriptions and dosages, copy of Medicare card, extra glasses, hearing aid batteries, denture needs, bladder control garments and pads

Put your items in an easy to carry container with a lid or in a water proof backpack.

Write the date purchased on food items and remember to rotate water and check other supplies every 6 months.