MONTHLY PREPAREDNESS TOPIC

CLOTHING IN DISASTERS

HOW TO PREPARE:
Have clothing packed in a backpack for each family member. Repack seasonally and always keep a pack in your car for emergencies.

• **Shirts** – at least 1 short sleeve, 1 long sleeve, and 1 sweatshirt for each family member.
• **Pants** – at least 1 pair of durable long pants, 1 pair short pants, and 1 pair sweatpants.
• **Underwear** – at least 3 changes per family member.
• **Socks** – at least 3 pairs; wool is preferred for winter.
• **Shoes** – one pair of sturdy, close-toed shoes, and one pair sandals.
• **Rain Gear** – rain coat or poncho.
• **Hat** – baseball cap or beanie depending on the season.
• **Additional Sunglasses, Gloves, and Scarves** depending on season.

MATERIALS:
Avoid cotton, stick with breathable, synthetic materials. Wool is a natural thermostatic insulator. Wool naturally repels water and will keep the body warm even if it gets wet.

EASILY VISIBLE CLOTHING:
Wearing bright colors can make you more visible to rescuers in a disaster. While we do not endorse specific brands, we can make one not-so-subtle recommendation.

C – keep clothing **clean**
O – avoid **overheating**
L – wear clothing **loose & in layers**
D – keep clothing **dry**
E – examine clothing for defects
R – keep clothing **repaired**

COLD WEATHER
The following is proper layering technique:
• Thermal underwear
• Wool or wool-mix shirt and sweater
• Jacket with synthetic fiber
• Windproof / waterproof jacket
• Durable, warm hat

HOT WEATHER
• Lightweight and light-colored clothing
• Cover all exposed skin with high power SPF sunscreen.
• Wear a hat and sunglasses to protect your eyes and face from the sun’s rays.