

CLOTHING IN DISASTERS

EMERGENCY PREPAREDNESS TOPIC

Essential clothing for a disaster supply is a commonly overlooked area of preparedness. If a person does not have the proper clothing suitable for the terrain they are in, then harsh elements such as rain, cold, and snow can have catastrophic effects. Follow these guidelines when choosing your emergency clothing.

CLOTHING LIST:

- **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, short pants, and sweatpants
- **Underwear** – at least 3 changes per family member
- **Socks** – at least 3 pairs, preferably wool
- **Shoes** – one pair of sturdy, fully enclosed shoes (e.g. hiking boots), one pair of sandals
- **Rain gear** – rain coat or poncho
- **Hat** – wide brim or knit depending season
- **Sunglasses**
- **Gloves and scarf**



DIFFERENT WEATHER:

Cold Weather

- Layering offers great protection and warmth
- Proper layering technique:
 - ◊ Thermal underwear
 - ◊ A woolen or wool mix shirt
 - ◊ A woolen or good woven fiber sweater or jacket
 - ◊ A jacket filled with synthetic fiber
 - ◊ Jacket that is windproof and waterproof
 - ◊ A durable hat

TIP: Use the COLDER principle

- **C** – Keep clothing clean
- **O** – Avoid overheating
- **L** – Wear clothing loose and in layers
- **D** – Keep clothing dry
- **E** – Examine clothing for defects in wear

Hot Weather

- Lightweight light-colored clothing reflects heat and sunlight and helps keep your body at a normal temperature
- Cover all exposed skin with a high power SPF sunscreen
- Wear a wide brimmed hat to protect your face

MATERIALS:

- Avoid cotton which tends to retain moisture, stick to skin, and takes a long time to dry.
- Stick with breathable synthetic materials.
- Wool clothing is naturally durable as well as a natural thermostatic insulator that keeps you warm in the winter and cool in the summer. Wool naturally repels water and has the unique property of keeping the body warm even if it gets wet.

HAVE IT READY:

- Have some clothing packed in a backpack, for each family member, ready to go at a moment's notice.
- You may need to repack for different seasons or have pre-packed seasonal bags.
- Keep a pack in your car so it's always with you.

Wearing bright colors like orange can make you more visible to rescuers in a disaster. While we don't endorse specific brands, we can make one not-so-subtle recommendation:



MORE INFORMATION

Readynutrition.com - Are You Ready Series: Emergency Clothing

Disasteremergencysupplies.com - Clothing

Memorialcare.org - Emergency Clothing and Bedding

Noaa.gov - Summer Heat: The Silent Killer (pdf)

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