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.

### How to Prepare

Have clothing packed in a backpack for each family member. Repack seasonally and always keep a pack in your vehicle for emergencies.

- **Shirts** – 1 short sleeve, 1 long sleeve, and 1 sweatshirt
- **Pants** – 1 pair of long pants, 1 pair of short pants, and 1 pair of sweatpants.
- **Underwear** – at least 3 changes
- **Socks** – at least 3 pairs
- **Shoes** – 1 pair of sturdy closed toed shoes and 1 pair of sandals
- **Rain gear** – rain coat or poncho
- **Hat** – baseball cap or beanie
- **Accessories** – sunglasses, gloves, and scarves

### Cold Weather

- **C** – keep clothing **clean**
- **O** – avoid **overheating**
- **L** – wear clothing **loose** and in **layers**
- **D** – keep clothing **dry**
- **E** – examine clothing for defects
- **R** – repair any damage

The following is proper layering technique:

- Thermal underwear
- Wool or wool-mix shirt and sweater
- Jacket with synthetic fiber
- Windproof/waterproof jacket
- Warm hat

### Hot Weather

- Wear light colors that reflect the sun's rays.
- Wear loose, breathable clothing to regulate body temperature.
- Wear a hat and sunglasses to protect your eyes and face from sun rays.
- Cover all exposed skin with high powered SPF sunscreen.

### Tips

- **Materials:** Avoid cotton and 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.
- **Visible:** Wear bright colors that make you more visible to rescuers in a disaster.

For more information please visit Ready.gov