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 ray.
- 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