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.

- 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

**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.

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.

**Cold Weather**

C – keep clothing clean
O – avoid over-heating
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

https://emergency.oregonstate.edu/emergency-preparedness/preparedness-topics
https://www.ready.gov/kit
https://www.oregon.gov/oha/PH/PREPAREDNESS/PREPARE/Pages/index.aspx