



CLOTHING

- It is important to have proper clothing suitable for the conditions you may encounter
- Use more protective clothing when facing cold weather or removing debris from fire or earthquakes



What to Pack

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

Hot Weather

- Wear lighter colors that reflect sun rays
- Wear loose, breathable clothing to regulate body temperature
- Wear a hat and sunglasses to protect your eyes and face
- Use a higher SPF value sunscreen for uncovered skin



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

For more information on clothing visit:

<https://emergency.oregonstate.edu/emergency-management/preparedness-topics>

<https://www.ready.gov/clothing>