# Be Red Cross Ready

## Prepare so you can Protect

## Household and Extreme Heat Preparedness

The American Red Cross, in association with ONE-PS, the City of Palm Springs, and Racquet Club West, invites you to join us to learn how you can prepare yourself and your household for emergencies. In this 90-minute presentation, we will talk about how to take steps to be prepared for any emergency, and we will also focus on how to identify, prevent, and care for heat-related illnesses.

Join us Tuesday,
June 25, 2024
4:30pm - 6:00pm
Palm Springs City Hall
Council Chamber

All are welcome!

**3200 E Tahquitz Canyon Way, Palm Springs, CA 92262**

American Red Cross
Southern California Region

Racquet Club West

City of Palm Springs California

one PS
organized neighborhoods of palm springs

City of Palm Springs Emergency Management

# "Go-Bag" Basics

## Personal Go-Bag

What supplies are you supposed to have in your "go-bag" and what kind of bag is it? Your "go-bag" is a bag that is always packed and ready to go with supplies during an emergency. Your "go-bag" can be any type of bag that you prefer such as a backpack, duffle bag, or even suitcase. Keep this bag in an easily accessible place to grab on the run. The list of items you can put in your bag is exhaustive. The key is to pack things you know you will want or need in an emergency. Here are some suggested items for your starter bag:

- Water!! We live in a desert, bring water with you everywhere.
- Food. Nonperishable food like granola bars, trail mix etc.
- Any medications you need. A weeks supply is ideal for a go-bag.
- Eating utensils like a camping spork and manual can opener.
- Extra clothes and shoes. Long sleeve shirts work year round.
- Extra reading glasses.
- First-aid supplies.
- Flashlight with batteries. A headlamp works better.
- NOAA radio.
- Plastic rain poncho (can be used for shade).
- Survival blanket.
- Gloves (find ones that fit your hand)
- Hygiene supplies.
- Sunblock.
- Pet supplies for our fur babies.
- Whistle.
- Cash (small denominations)
- Notepad or notebook (keep emergency contact numbers inside)
- Copies of important documents.

For more information, visit the Palm Springs Emergency Management website at https://www.palmspringsca.gov/government/departments/emergency-management/emergency-preparedness. Scan the QR code to take you there. You can also find training opportunities under EVENTS on this same webpage.