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# How to Prepare a Typhoon Survival Kit

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In the past decades, an average of 20 typhoons passed through the Philippines annually, but the number has increased to about 25-35 per year – possibly a result of global warming. After Tropical Storm Ondoy assailed Metro Manila with the worst flooding it has seen in 40 years, we should be more vigilant in preparing for the worst. Here is a checklist of things to gather for your own Typhoon Survival Kit.

- 1) drinking water: 1 gallon per person for 3-7 days
- 2) food for 3-7 days: non-perishable, instant or easy to prepare
  - packaged food: snack foods, biscuits
  - canned food: corned beef, pork and beans, etc.
  - candy to maintain blood sugar and keep acidity at bay
  - bread for carbo loading
  - instant noodles
  - baby formula
  - can opener
  - cooking tools & fuel
  - eating utensils, paper plates, drinking cups
- 3) first aid kit
  - medicine for fever, colds/cough, diarrhea, anti-tetanus, anti-leptospirosis
  - maintenance/prescription drugs
  - bandages/gauze
  - tweezers
  - alcohol
  - antibiotic ointment
  - hydrogen peroxide
  - scissors
  - antiseptic wipes
  - cold compress
  - gloves
  - thermometer
- 4) personal hygiene items
  - toothbrush and toothpaste
  - soap
  - toilet paper
  - sanitary napkins
  - diapers
- 5) beddings and towels in large garbage bags to prevent them from getting wet
- 6) clothes: placed in garbage bags as well
  - outerwear + jackets
  - underwear
  - socks and shoes
- 7) candles and matches
- 8) fully-charged cell phones and rechargeable lamps
- 9) radios (AM/FM) and flashlights; extra batteries
- 10) cash, ATM cards and credit cards
- 11) important documents in a waterproof container
  - IDs + passports
  - birth and marriage certificates
  - insurance records
  - medical records
  - SSS, Pag-Ibig and Philhealth records
  - bank books, account numbers and records

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- emergency contact numbers: family and friends
  - wedding albums/ other important photos

12) car and house keys

13) pet supplies

- identification
- immunization records
- muzzle and leash
- cage
- food and medicine

14) floatation devices: life jackets, styrofoam boards, old tires, etc.

15) tools and rope

16) extra plastic bags

Note that you should ensure that your car's fuel tank is filled in case you need to evacuate to higher ground.