



just in case arizona

“Make a Kit” Relay

just in case arizona highlights a three-step process for emergency preparedness that includes making a home emergency kit. Emergency kits should meet all family needs and account for the basics: fresh water, food, clean air and warmth. The “*Make a Kit*” Relay gets students thinking about what to include in their home emergency kit through physical activity.

1. Divide students into equal teams, providing each team with a backpack or bag and a list of emergency kit items (the number of items on the list should equal the number of students on each team)
2. Place a pile of items at a distance from the designated start line. The pile should contain the items on the list and a few that are not. See the list of possible emergency kit items for ideas.
3. One student from each team will run to the pile of items with the backpack. They are to put one item from the list into the backpack and then sprint back and pass the bag.
4. The first team to collect all the items and be seated behind the start line wins.

Emergency Kit Items:

- An empty gallon jug or water bottle,
- a flashlight,
- dust mask,
- toilet paper,
- a whistle,
- a pack of batteries,
- fake money or credit cards,
- adhesive bandages,
- an empty pill bottle,
- a map,
- a can opener or
- canned goods.

Get emergency preparedness information at justincasearizona.com, and bookmark www.azein.gov for real-time disaster updates.