



RELIEF MANUAL

www.rapidresponse.org.in

EMERGENCY KIT

- Water
- Food (Biscuits, Glucose Power)
- Blanket
- First Aid Kit
- Torch
- Candles
- Matchbox/Lighter

THINGS TO REMEMBER

- *Store water in plastic containers. Avoid using containers that will break such as glass bottles.*
- *Store foods that require no refrigeration, preparation or cooking.*
- *Store your family documents (Aadhar Card, Ration Card, Insurance Policies, Bank Passbooks, Passport, Land Records etc.,) in a waterproof pouch/bag.*