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ARE YOU PREPARED FOR A DISASTER? THE 10 MOST IMPORTANT ITEMS TO HAVE ON HAND

PHILADELPHIA, PA, AUGUST 26, 2013:

In anticipation of National Preparedness Month in September, the National Association of Professional Organizers has joined forces with the Department of Homeland Security's *Ready Campaign*. The goal of the campaign is to engage the public and increase the overall level of emergency preparedness when unexpected events occur. On Thursday, August 15, members of NAPO-GPC (the Greater Philadelphia Chapter of NAPO) received specialized training in an interactive workshop led by Mr. Sam Levy, M.Ed, and former military intelligence officer. The two-hour workshop included simulated crisis planning and instructions for professional organizers to prepare their families and clients for an event of either natural or manmade disaster, including how to assemble an emergency kit – something many families started to do after 9/11 and Hurricane Katrina.

Here are 10 essential items for your Emergency Survival Kit:

1. Water (1 gallon per day for each person)

2. Prescription medication & antibiotics
3. Non-perishable food (energy bars, peanut butter...)
4. Flashlight or headlamp
5. First aid kit & manual
6. Tent or emergency shelter & blankets
7. Crank power radio
8. Extra batteries
9. Fit-all sink stoppers
10. Protective eyewear & breathing medical mask

NAPO-GPC members also learned to: assess disaster risk at home and work, organize flexible plans with contingencies, develop a family drill, and conduct simulation to promote confidence in the plan. NAPO-GPC members will share their newly acquired knowledge with their clients and their communities.

About NAPO-GPC: The National Association of Professional Organizers (NAPO-GPC) is a nonprofit professional association that has been in existence since 1996 and has more than 80 members serving Eastern Pennsylvania, Central and Southern New Jersey, and Delaware.

For additional information or to find a professional organizer near you, visit the NAPO-GPC website at www.napo-gpc.org and click on “Find An Organizer.”