



Daylight saving time begins in the United States on the second Sunday in March and ends on the first Sunday in November. Thanks to public education by fire and rescue officials, U.S. residents are made aware that the batteries in smoke alarms should be changed every six months, and a good way to remember is to change the batteries when clocks are changed at the beginning and end of daylight saving time.

The North Kingstown Office of Emergency Management also reminds residents to use the beginning and end of daylight saving time as a reminder to check and restock emergency supply kits.

Here's what the Town recommends for its residents.

Recommended Items to Include in a Basic Emergency Supply Kit

- One gallon of water per person per day for at least three days for both drinking and sanitation.
- At least a three-day supply of nonperishable food, such as ready-to-eat canned meats, fruits, and vegetables; protein or fruit bars; dry cereal; peanut butter; nuts; crackers; and canned juices.
- Flashlight and extra batteries.
- Battery-powered and a NOAA weather radio with tone alert and extra batteries for both.
- First-aid kit.
- Whistle to signal for help.
- Dust mask, to help filter contaminated air; plastic sheeting and duct tape to shelter in place.
- Moist towelettes, garbage bags, and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Can opener for food (if kit contains canned food).

Additional Items to Consider Adding to an Emergency Supply Kit

- Prescription medications, eyeglasses, contact lenses, and supplies and denture needs.
- Infant formula, powdered milk, bottles, diapers, diaper rash ointment, medications, and moist towelettes.
- Pet food and extra water for your pet.
- Important family documents such as copies of insurance policies, identification, bank account records, and Medicare cards, all in a waterproof, portable container.

- Cash or traveler's checks and change.
- Emergency reference material such as a first-aid book.
- Sleeping bag and warm blankets for each person.
- Change of clothing, including a long-sleeved shirt, long pants, and sturdy shoes.
- Household chlorine bleach and medicine dropper. When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use bleach to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe, or bleaches with added cleaners.
- Fire extinguisher.
- Matches in a waterproof container.
- Feminine supplies and personal hygiene items.
- Mess kits, paper towels, paper cups, plates, and plastic utensils.
- Paper and pens or pencils.
- Books, games, puzzles, or other activities for children.

Additional Supplies for People with Disabilities

- Prescription medicines, list of medications including dosage, and list of any allergies.
- Extra eyeglasses and hearing-aid batteries; extra wheelchair batteries, and oxygen.
- A list of the style and serial number of medical devices. • Medical insurance and Medicare cards.
- List of doctors, relatives, or friends who should be notified if a person is injured.

Additional information may be found at www.ready.gov