



# Institute for Advanced Study

## *Visitor and Visa Services*

TO: Members, Visitors, and Research Assistants  
SUBJECT: Emergency Preparedness

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A serious illness or severe weather event can develop without warning. In recent years, the Princeton area experienced an unprecedented number of severe storms resulting in power failures which disrupted normal daily activities. Such events cannot be predicted and have the potential to place limitations on one's ability to travel outside the home. Therefore in order to be prepared, the Institute recommends that you maintain a supply of the following items:

### **Water** (at least a three-day supply)

- One gallon of water per person per day

### **Food** (at least a three-day supply)

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices
- Canned or powdered milk
- High energy snacks: granola bars, trail mix, nuts, raisins
- Boxes of dry cereal and crackers
- Comfort foods: cookies, hard candy, instant coffee, tea bags
- Infant formula, if appropriate
- Pet food, if appropriate

### **Health and First Aid**

- First Aid Kit and Book
- Alcohol based hand sanitizers
- Antibiotic and cortisone creams/ointments
- Petroleum jelly
- Scissors
- Tweezers
- Thermometer

### **Sanitation** (at least a three-day supply)

- Toilet paper
- Paper towels
- Tissues
- Soap
- Disinfectant spray
- Deodorant, toothpaste/toothbrushes, shampoo
- Feminine hygiene needs, if appropriate
- Diapers, if appropriate
- Contact lens supplies, if appropriate

### **Medications**

- Prescription medication
- Aspirin, ibuprofen, or acetaminophen
- Cough syrup, decongestant, antihistamine
- Syrup of Ipecac
- Anti-diarrhea medication
- Vitamins

### **Miscellaneous**

- Manual can opener (provided by IAS)
- Flashlight (provided by IAS)
- Battery powered radio
- Batteries
- Lantern (provided by IAS)
- Candle
- Matches

Additionally, in order for the Institute to communicate effectively with all members of our community in a campus emergency situation, we ask that you review your contact information available under the Update Me link at: <http://www.ias.edu/campus/emergency>. Once you update information using this link, it will take 24 hours for this information to be available for use by the Emergency Notification System. Please consider adding contact information for your spouse/partner, under the Alternate Phone or Non-IAS email, so that each adult member of a household receives emergency notification when warranted. Visiting scholars have found it useful to obtain a mobile phone that works within the US for the duration of their Institute appointment, especially for emergency situations.