



**HIGHLANDS COUNTY**  
**DIVISION OF EMERGENCY MANAGEMENT**  
6850 West George Blvd.  
Sebring, FL 33875  
863-385-1112

**What to bring to a shelter**

General shelters allow approximately 20 square feet per person. Do not bring anything that is not absolutely necessary for a 24 - 48 hour stay.

**Food:**

If you have the need for special foods (Ensure, etc.) you may bring them with you. High energy foods such as peanut butter, jelly, crackers, granola bars, trail mix, and other snack foods may be a good idea if you get hungry in between meals. If necessary bring special dietary foods--such as diabetic, low salt, liquid diet, baby food and formula. Don't forget a manual can opener.

**Clothing and Bedding:**

One complete change of clothing including footwear. A sleeping bag and pillow. Rain gear and sturdy shoes.

**Personal Items:**

Washcloth, small towel, soap, toothbrush, toothpaste, sanitary napkins, paper towels, toilet paper, towelettes, etc.

**Medications, First-Aid supplies:**

Medications--clearly marked with your name, dosage, type of medication, and prescribing physician. You must be able to take all medications by yourself. Any dressing changes needed.

**Important Papers:**

Identification and valuable papers (insurance documents, etc.), Name and address of doctors, Name and address of nearest relative not living in area.

**Pets:**

Pets are not allowed at general shelters unless they are service animals. See Pets and Shelters on our web page.

**Miscellaneous:**

Bring a cell phone if you have one. It may come in handy. Games, cards, toys, battery powered radios, flashlights (no candles or lanterns), batteries, or other reasonable items you may need are welcome too. Take a bath and eat before you leave home.

**Not Allowed:** alcoholic beverages, or weapons. Smoking is not allowed in shelters.