The last thing you want to do is prepare for a disaster as the high winds of a tornado howl at your back door. Planning ahead is the key, both for you and your pet. Make sure you have a pet disaster kit handy before you and your animals pile into the car and seek shelter. Otherwise, you may find yourself with other pet owners fighting for the few supplies remaining on store shelves.

The following items should be included in a pet disaster kit bag:

- Medications, a first-aid kit, and medical records stored in a waterproof container. A pet first-aid book is also handy to have.

- Sturdy leashes, harnesses, and carriers to transport pets safely and to ensure that your pets can’t escape. Carriers should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for hours as you weather out the storm at a shelter. Be sure to have a secure cage with no loose objects inside it. These may require blankets or towels for bedding and warmth, and other special items.

- Current photos and descriptions of your pets to help others identify them in case you and your pets become separated, and to prove that they are yours.

- Bowls, cat litter and litter box, a manual can opener, and enough food and water to feed each of your pets for at least three days. Stock up on nonperishable food well ahead of time and add any perishable items at the last minute.

- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your pets or place them in foster care.

- Pet beds and toys, if you can easily take them, to reduce stress.

- Other helpful items include newspapers, paper towels, plastic trash bags, grooming items, and household bleach.

Once you have your items collected, keep them accessible and stored in sturdy containers (duffel bags, covered storage containers, suitcase on wheels) that can be carried easily.

Believe it or not, putting together a disaster kit is just one step in making sure you and your pets are prepared for a disaster, natural or otherwise. The Humane Society of the United States has many other tips, from securing temporary housing that accepts pets to reintroducing your animal to its home after the disaster. You can find them at www.hsus.org.

Adapted from The Humane Society of the United States