

Emergency Supplies Kit Checklist

- Bottled water (three-day supply of four quarts per person per day)
- Food (three-day supply of non-perishable foods such as canned meats, fruits and vegetables)
- Can opener, pocket knife, eating utensils, cups, plates and bowls
- First-aid kit and at least a 30 day supply of prescription medicines
- Whistle to signal for help
- Dust mask
- Plastic sheeting and duct tape to shelter-in-place
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Tools, tape, plastic sheeting, signal flares and matches
- Fire extinguisher
- Sanitation products such as moist towelettes, toilet paper, paper towels, soap, detergent, bleach and disinfectant
- Climate appropriate clothing for each family member
- Special items for babies, the elderly, disabled persons or others with special needs
- Cash or traveler's checks
- Important documents (kept in waterproof containers) such as insurance policies, deeds, titles, stocks, birth certificates, passports, wills, immunization records, etc.
- If you have a pet, include pet food, a carrier or cage, and, where appropriate, a leash in your supplies.

- Garbage bags and plastic ties
- Local maps
- Prescription medications and glasses
- Emergency reference material such as a first aid book
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Matches in a waterproof container
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

Specialty Items

- Infant formula and diapers
- Books, games, puzzles or other activities for children
- Feminine supplies and personal hygiene items
- Extra eyeglasses or contacts, and cleaning solution
- Extra dentures