

EMERGENCY SUPPLY KIT CHECKLIST

Emergency Supply Kits

Keep enough supplies in your home to survive on your own for three days, preferably in easily accessible and portable containers.

- ❑ **A home emergency supply kit** with essential food, water, and supplies—kept in a designated place and ready to “grab and go” in case you have to leave your home quickly. Make sure all household members know where the kit is kept.
- ❑ You should also have **an emergency supply kit at work** in one container, ready to “grab and go” in case you have to evacuate the building.
- ❑ **A car kit** of emergency supplies, including food, water, flares, jumper cables, and seasonal supplies.

The following checklists will help you assemble disaster supply kits that meet the needs of your household:

Food & Water

- ❑ One gallon of water per person per day, for drinking and sanitation stored in clean plastic containers such as soft drink bottles.
- ❑ Store foods that require no refrigeration, preparation or cooking and little or no water.
- ❑ Pack a manual can opener and eating utensils.

Sample food selections:

- ❑ Ready-to-eat canned meats, fruits and vegetables
- ❑ Protein or fruit bars
- ❑ Dry cereal or granola
- ❑ Peanut butter
- ❑ Dried fruit and nuts
- ❑ Crackers
- ❑ Canned juices
- ❑ Non-perishable pasteurized milk
- ❑ High energy foods
- ❑ Vitamins
- ❑ Food for infants
- ❑ Comfort/stress foods

First Aid Supplies

Assemble a first aid kit for your home and for each vehicle, including these basics:

- ❑ First aid manual
- ❑ Sterile adhesive bandages and gauze pads in assorted sizes
- ❑ Cleansing agents (isopropyl alcohol, hydrogen peroxide)/soap/germicide
- ❑ Thermometer

- ❑ Antibiotic ointment
- ❑ Latex gloves (2 pairs)
- ❑ Scissors

Include the following nonprescription drugs:

- ❑ Aspirin and non-aspirin pain reliever
- ❑ Anti-diarrhea medication
- ❑ Antacid (for stomach upset)
- ❑ Syrup of ipecac (use to induce vomiting if advised by the poison control center)
- ❑ Laxative

Tools and Other Items

- ❑ A portable, battery-powered radio or television and extra batteries (also have a NOAA weather radio, if appropriate for your area)
- ❑ Flashlight and extra batteries
- ❑ Matches in a waterproof container (or waterproof matches)
- ❑ Shut-off wrench, pliers, shovel and other tools
- ❑ Duct tape and scissors
- ❑ Small canister, A-B-C-type fire extinguisher
- ❑ Work gloves

Household Documents and Contact Numbers

- ❑ Personal identification, cash (including change) or traveler's checks, and a credit card
- ❑ Copies of important documents: birth certificate, marriage certificate, driver's license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunizations records, blank and credit card account numbers, stocks and bonds. Be sure to store these in a watertight container.
- ❑ Emergency contact list and phone numbers
- ❑ Map of the area and phone numbers of place you could go
- ❑ An extra set of car keys and house keys

Specialty Items

Remember to consider the needs of infants, elderly persons, disabled persons, and pets and to include entertainment and comfort items for children.

- ❑ For baby
- ❑ For the elderly
- ❑ For pets
- ❑ Entertainment: books, games, quiet toys and stuffed animals