



Emergency Preparedness Checklist

Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, foods that are compact and foods that are lightweight.

- High energy foods such as: peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for infants, elderly persons or persons on special diets
- 3 gallons of water, per person, per day

First Aid Kit

Assemble a first-aid kit for your home and one for each car. A first-aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors, tweezers, needle and thread
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue depressors (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Medicine dropper

Special Needs

- Medications (7 days)
- Denture needs, extra eyeglasses and contacts
- Diapers, bottles, formula, wipes, rash ointment, powdered milk
- Medical devices, charged

Tools and Supplies

- Cell phone, charged
- Paper cups, plates and plastic utensils
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- Cash, checks, change
- Non-electric can opener, utility knife
- Fire extinguisher
- Pliers
- Full tank of gas
- Compass
- Matches in a waterproof container
- Aluminum foil, tape
- Plastic storage containers
- Signal flare, whistle
- Paper, pencil, pen
- Shut-off wrench (to turn off household gas and water)
- Plastic sheeting

Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Clothing and bedding

Clothing

Include at least one complete change of clothing and footwear per person

- Sturdy shoes/work boots
- Hats and gloves
- Rain gear
- Thermal underwear
- Blankets or sleeping bags
- Sunglasses

Important Family Documents

- Keep these records in a waterproof, portable container: Will, insurance policies, personal contacts, stocks and bonds, passports, Social Security cards, immunization records, bank account numbers, credit card account numbers and companies, inventory of valuable household goods, important numbers, family records (birth, marriage, death certificates).

Kit Storage

Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car. Keep items in airtight plastic bags. Change your storage water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year.

