



Emergency Kit Checklist



- Water:** One gallon per person per day, both for drinking and for sanitary purposes
- Food:** At least a several-day supply of non-perishable food
- Radio:** Battery-powered or hand crank, preferably with an NOAA Weather Radio with tone alert
- Flashlight:** with extra batteries
- First aid kit**
- Extra clothing:** At least one complete change of clothing appropriate for your climate, and don't forget sturdy shoes
- Plastic sheeting and duct tape:** To shelter in place
- Sleeping bag or warm blanket:** For each person
- Personal sanitation items:** Moist towelettes, hand sanitizer, soap, garbage bags and plastic ties
- Cooking and eating utensils:** Mess kits, paper cups, plates, paper towels and plastic utensils
- Manual can opener:** For canned food
- Printed local maps:** Because you may not be able to pull up a map on your phone
- Cell phone:** With chargers and a backup battery
- Prescription medications:** Keeping in mind that you may not be able to find an open pharmacy to refill a prescription for several days.
- Non-prescription medications:** Pain relievers, anti-diarrhea medication, antacids, laxatives, etc.
- Prescription eyeglasses** and contact lens solution
- Feminine supplies** and personal hygiene items
- Baby items:** Formula, bottles, diapers, wipes and diaper cream
- Kids items:** Books, games, puzzles, art supplies, and other kids' activities
- Pet items:** Pet food and extra water
- Paper and pens/pencils**
- Cash** or traveler's checks
- Important family documents:** Print copies of IDs, insurance policies, and bank records
- Whistle:** To signal for help
- Dust mask:** To filter contaminated air
- Matches** in a waterproof container
- Fire extinguisher**
- Wrench or pliers:** To turn off utilities