

Emergency Supply Kit Checklist

Essential Survival & Health Needs

- Water** – One gallon per person per day for seven days (drinking and sanitation).
- Non-Perishable Food** – Seven-day supply of canned goods, protein bars, dried fruits, and nuts.
- Special Dietary Needs** – Food options for allergies or medical conditions.
- Prescription Medications** – Seven-day supply with dosages and copies of prescriptions.
- First Aid Kit** – Includes bandages, antiseptics, over-the-counter medications, and prescriptions.
- Power Backup for Medical Devices** – Battery backups or a generator if reliant on powered equipment.
- Backup Eyeglasses or Contact Lenses** – Keep a spare set if needed.

Emergency Equipment & Tools

- Multi-Purpose Tool** – Swiss Army knife or similar for various tasks.
- Manual Can Opener** – Essential for opening canned food.
- Utility Shut-Off Tools** – Wrench or pliers for turning off gas, water, or power.
- Fire Extinguisher** – Suitable for all types of fires.
- Plastic Sheeting & Duct Tape** – Useful for sheltering in place or sealing off contaminated areas.
- Matches in a Waterproof Container** – For starting fires in emergency situations.

Work Gloves – To protect hands during cleanup or repairs.

Financial & Legal Preparedness

- Cash** – ATMs and card readers may not work; keep small bills on hand.
- Important Documents** – Copies of insurance, ID, medical records, and bank records in a waterproof container.

Fuel & Power Preparedness

- Extra Fuel for Vehicles & Generators** – If safe to store, have gas for evacuation or backup power.

Communication, Navigation & Alerts

- Cell Phone with Chargers & Extra Batteries** – A solar-powered or hand-crank charger is ideal.
- Battery-Powered or Hand-Crank Radio** – To receive emergency alerts and updates.
- Emergency Contact Information** – Printed list of family, friends, and emergency services.
- Whistle** – To signal for help if trapped or lost.
- Two-Way Radios** – Helpful for communication if cell service is down.
- Local Maps & Evacuation Routes** – Paper maps in case GPS is unavailable.

Sanitation, Clothing & Shelter

- Personal Hygiene Items** – Soap, hand sanitizer, toothbrushes, toothpaste, feminine products, and deodorant.
- Face Masks** – To help filter contaminated air or prevent illness.
- Moist Towelettes, Garbage Bags, and Plastic Ties** – For personal sanitation.
- Household Liquid Bleach** – Can be used for water purification and sanitation.
- Extra Clothing & Sturdy Shoes** – Pack for different weather conditions.
- Rain Gear** – Ponchos or waterproof clothing to stay dry.
- Blankets or Sleeping Bags** – To keep warm if needed.

Children, Pets & Comfort Items

- Infant & Child Care Supplies** – Formula, bottles, diapers, wipes, and comfort items.
- Make a Pet Plan** – Ensure pets have food, water, and essential care items.
- Flashlights & Extra Batteries** – Multiple flashlights with fresh batteries.
- Games, Books & Activities** – To keep children occupied during extended emergencies.