

# EMERGENCY SUPPLIES CHECKLIST

*Personal – Home – Family*



## DISASTER SUPPLIES KIT

*Store these items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers like plastic bins or a duffle bag.*

- ☐ Water, at least one gallon per person, per day, for several days, for drinking and sanitation
- ☐ Food, at least several days supply of non-perishable food
- ☐ Manual can opener
- ☐ Battery-powered or hand crank radio
- ☐ Flashlight
- ☐ First Aid Kit
- ☐ Extra batteries
- ☐ Whistle, to signal for help
- ☐ Dust masks, to filter contaminated air
- ☐ Plastic sheeting and duct tape, to shelter-in-place
- ☐ Moist towelettes, hand sanitizer, and trash bags, for personal sanitation
- ☐ Soap or liquid detergent
- ☐ Insect repellent and sunscreen
- ☐ Wrench or pliers, to turn off utilities
- ☐ Multi-purpose tool that includes a knife
- ☐ Local maps
- ☐ Work gloves
- ☐ Rain gear and umbrella
- ☐ Blankets or sleeping bags and towels
- ☐ Chargers and back-up batteries for cell phones
- ☐ Prescription and non-prescription medications, including pain reliever, EpiPen, and inhaler

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## DISASTER SUPPLIES KIT

- ☐ Eyeglasses, sunglasses, and contact lens supplies
- ☐ Cash or traveler's checks
- ☐ Important documents including insurance cards, IDs, and bank account records
- ☐ Emergency phone numbers and contact information written down
- ☐ Climate-appropriate change of clothes including hat and sturdy shoes
- ☐ Fire extinguisher
- ☐ Matches in a waterproof container
- ☐ Personal hygiene items including toothbrushes, menstrual products, and personal care items
- ☐ Disposable or non-breakable dishes and cutlery
- ☐ Paper towels or rags
- ☐ Notepad, pens, pencil
- ☐ Extra set of car and house keys
- ☐ Books, games, and puzzles
- ☐ Baby supplies including formula, bottles, diapers, wipes, and rash cream
- ☐ Pet food and supplies including extra water

*Add additional items here:*

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# EMERGENCY SUPPLIES CHECKLIST

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## EMERGENCY FOOD SUPPLY

*Store at least a several-day supply of non-perishable food. Choose foods your family will eat and remember any special dietary needs including food allergies.*

- ☐ Water, at least one gallon per person, per day, for several days, for drinking and sanitation
- ☐ Ready-to-eat canned meats, fruits, vegetables, and beans
- ☐ Manual can opener
- ☐ Read-to-eat pre-packaged and pouch meals
- ☐ Protein or granola bars
- ☐ Dry cereal or granola
- ☐ Peanut butter
- ☐ Dried fruit, nuts, and trail mix
- ☐ Canned juices
- ☐ Non-perishable or shelf stable milk
- ☐ High-energy foods
- ☐ Comfort foods
- ☐ Condiments including salt, pepper, and hot sauce
- ☐ Baby food and supplies, if needed
- ☐ Pet food and supplies including extra water

*Add additional items here:*

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## EMERGENCY SHELTER-AT-WORK KIT

*Be prepared in case you need to shelter at your workplace for at least 24 hours with some emergency items stored in a “grab and go” case that you keep at work or in your car.*

- ☐ Bottled water or other beverages
- ☐ Ready-to-eat foods like protein bars, crackers, peanut butter, or pre-packaged meals
- ☐ Condiments including salt, pepper, and hot sauce
- ☐ Flashlight
- ☐ Dust mask, to filter contaminated air
- ☐ Moist towelettes or wet wipes and hand sanitizer
- ☐ Charger and back-up battery for cell phone
- ☐ Prescription and non-prescription medications, clearly labeled
- ☐ Change of clothes and comfortable shoes
- ☐ Rain gear and umbrella
- ☐ Personal hygiene items including toothbrush, toothpaste, deodorant, and menstrual products
- ☐ Blanket
- ☐ Cash
- ☐ Deck of cards and a book

*Add additional items here:*

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# EMERGENCY SUPPLIES CHECKLIST

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## EMERGENCY KIT FOR THE CAR

*Some items may need to be kept in the car in an easy to reach place, but most items can be stored in a duffle bag or kit that is stored in the truck.*

- ☐ Car escape tool that includes a seat belt cutter and window breaker
- ☐ Jumper cables
- ☐ Flat tire inflation canister
- ☐ Flares or reflective triangle
- ☐ Cell phone charger
- ☐ Blanket
- ☐ Local maps
- ☐ Notepad and pen
- ☐ Small tool kit or a multi-purpose tool that includes a knife
- ☐ Small foldable shovel
- ☐ Flashlight and extra batteries
- ☐ Compass
- ☐ First Aid Kit
- ☐ Non-perishable, high-energy foods, like nuts, dried fruit, and protein bars
- ☐ Drinking water
- ☐ Prescription and non-prescription medications, including pain reliever, EpiPen, and inhaler
- ☐ Reflective vest, in case you need to walk to get help
- ☐ Fire extinguisher
- ☐ Duct tape
- ☐ Paper towels or rags
- ☐ Rain poncho and umbrella

# EMERGENCY SUPPLIES CHECKLIST

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## EMERGENCY KIT FOR THE CAR

- ☐ Cold weather: snow brush, ice scraper, warm clothing, extra blankets, cat litter for traction
- ☐ Emergency phone numbers and contact information written down
- ☐ Auto insurance policy information including contact number
- ☐ Towing or roadside assistance contact number

*Add additional items here:*

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## **Maintaining Your Emergency Kits**

After assembling your kit remember to maintain it so they are ready in an emergency.

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kits as your family's needs change.

## **Establish a Communication Plan**

Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area.

- Plan ahead of time how you'll contact one another and reconnect if separated.
- Establish a family meeting place that's familiar and easy to find.