

Emergency Preparedness Checklist

Courtesy of: DedicatedDomestics.com

List of Items for a Basic Emergency Supply Kit

- ___ Water – Ideally each person should have one gallon of water per day for at least three days
- ___ Food – a three day supply of non-perishable food per person
- ___ Flashlight and extra batteries
- ___ First aid kit with first aid and emergency handbooks
- ___ Whistle to call for help
- ___ Small battery operated radio with extra batteries
- ___ Emergency blankets
- ___ Rain Ponchos with hood
- ___ Face mask to filter air (N95 type)
- ___ Plastic Sheeting and duct tape
- ___ Garbage bags and ties
- ___ Simple tools like a wrench, pliers, hammer and assorted screw drivers
- ___ Can and bottle openers
- ___ Work gloves
- ___ Local maps
- ___ Cell phone and extra charger
- ___ Cash, in case ATM's are closed or the power is out
- ___ Copies of important family documents, passports, deeds, birth certificates, licenses, etc.
- ___ Prescription medicines and glasses – Keep a three day supply in the kit and rotate periodically
- ___ An extra set of comfortable clothes and especially shoes and socks
- ___ Sleeping bags or extra blankets
- ___ Infant formula and diapers
- ___ Pet food and extra water for each pet
- ___ Matches in waterproof container
- ___ Books or activities for children
- ___ Extra storage containers for water
- ___ Household chlorine and eyedropper – refer to emergency books to learn how to disinfect water
- ___ A sturdy backpack or bag to hold all the above in so you can carry what you need with you

Personalize this list with additional items that meet your families' specific needs:
