

Emergency Supply Kit

Use the following checklist to assemble your supply kit.
Include other items as appropriate for your family.

✓ FOOD AND WATER

- 7 day supply of water (1 gallon per person per day), replace every 3 months.
- 5-7 day supply of nonperishable food (for each family member), replace prior to expiration
- Manual can opener and utensils
- Camp stove with fuel or other nonelectric cooking device
- Paper or plastic plates and bowls

✓ COMMUNICATION NEEDS

- NOAA Weather radio, battery powered or hand-crank radio and extra batteries
- Copy of Family Disaster Plan and important phone numbers, important documents
- Mobile phone, extra battery, and charger for your vehicle
- Prepaid phone card
- Whistle to signal for help/light stick

✓ OTHER BASICS

- First-aid instruction booklet
- Flashlight with fresh batteries and extra batteries
- Candles, lighter, and waterproof matches
- Multipurpose ABC fire extinguisher (self-inspect monthly).
- Replace as needed
- Masks to help filter dust
- Work gloves
- Sanitation supplies, such as moist towelettes
- Plastic sheeting and duct tape to create a shelter
- Wrench or pliers to turn off utilities
- Local maps
- Change of clothing and shoes for each individual (weather appropriate)
- Blanket or sleeping bag for each individual; consider additional bedding for cold climates
- Extra set(s) of vehicle keys
- Cash and Coins for 1-2 weeks
- Plastic garbage bags
- Chlorine bleach and instructions for disinfecting
- Emergency supplies for your vehicle
- Fuel vehicles and generators

✓ SPECIAL NEEDS

- Infant formula, baby food, diapers and other supplies
- Prescription medications (1-week supply) and copies of prescriptions
- Prescribed medical supplies, such as glucose or blood pressure monitoring devices
- Eyeglasses, contacts, contact solution, and contact case
- Items for disabled family members

✓ PET NEEDS

- 7 day supply of food and water
- Leash and collar with identification and date of rabies vaccination
- Immunization records and prescription medications
- Pet carrier or wire cage
- A photo of you and your pet together in case of separation

✓ FIRST AID

- Waterless hand cleaner
- Rubbing alcohol
- Antibiotic ointment
- Hydrocortisone cream
- Adhesive bandages in assorted sizes
- Eyewash solution
- Pain relievers for adults and children
- Sterile dressings
- Oral thermometer (non-mercury, non-glass)
- Insect repellent and sunscreen
- Hygiene products, such as soap and toothpaste
- Tweezers
- Petroleum Jelly or other lubricant
- Medical gloves



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IMPORTANT DOCUMENTS

Make sure you are able to access your family's important personal documents in the event of an emergency. Be sure to keep them stored in a secure location.



ATM
Debit Card/
Credit Card
Information
and
Bank Statements

Social
Security
Cards

Birth
Certificates

Drivers
License

Marriage
Certificate

Passports

List of
Prescription
Medication

Insurance cards and policies

Medical card
Medical policy
Homeowners policy
Flood policy
Life policy
Vehicle insurance card
Vehicle policy

Military
Records

Vaccination
Records

Written list of
Important
Contacts

Living
Will

Vehicle
Registration

Proof of
address
(utility bill)

Home Inventory List

Include:
Pictures
Receipts
Approx. Date of
purchase and cost
if no receipt

Durable
power of
attorney

Power
of
Attorney

Will

Healthcare
power of
attorney

Pet Information

Shot Records
Veterinarian
Photo with owner
Medication

Login
and
Passwords

Location of
stored items

Medical
Directives

Trust