Emergency Prep Kit Checklist

It's hard to think clearly during an emergency, and the last thing you want to do is leave something important behind. Use this checklist to gather essential items and prepare today for what might happen tomorrow.

IN CASE OF EMERGENCY, HAVE THESE ITEMS READY

- ❑ **Food and Water**
  A 3-day supply of water and food. Include 1 gallon of water per person per day and non-perishable food items like energy bars, cereal, dried fruit, nuts, peanut butter, and canned meats.
- ❑ **Utensils**
  Eating utensils, plates, cups, bowls, a can opener, and paper towels.
- ❑ **Clothing**
  A change of clothes for each person, rain gear, extra shoes, and waterproof boots.
- ❑ **Day-to-Day Living Items**
  Garbage bags, toilet paper, matches in a waterproof container, a multipurpose tool, dust masks, duct tape, plastic sheeting, Mylar® blankets, a whistle, local maps, and bleach.
- ❑ **Personal Items**
  Toiletries, an extra pair of glasses/contact lenses, tweezers, and nail clippers.
- ❑ **First Aid Kit**
  Sterile gloves and dressings, bandages, soap, antibacterial towels, hand sanitizer, burn ointment, antibiotic ointment, eye wash, and a thermometer.
- ❑ **Medications**
  A 3-day supply of prescription medications, pain relievers, cold and sinus relief, anti-diarrhea medicine, antacids, and laxatives.
- ❑ **Devices**
  A cell phone, a charging cord, a portable charger or battery pack, a hand-crank radio, an LED flashlight with extra batteries, and a headlamp.
- ❑ **Important Documents**
  Copies of birth certificates, driver's licenses, insurance cards, medication lists, medical records, proofs of address, passports, wills, bank records, marriage licenses, adoption papers, and emergency contact lists.
- ❑ **Cash**
  Small denominations and change.

ADDITIONAL ITEMS

- ❑ **For Babies**
  Diapers, baby wipes, baby powder, diaper rash cream, baby wash and lotion, formula, baby food, bottles, bibs, burp rags, pacifiers, teething tablets or gel, and blankets.
- ❑ **For Seniors**
  Medications, hearing aids and batteries, extra eyeglasses, syringes, portable oxygen, mobility supplies, and contact information for doctors and caregivers.
- ❑ **For Children**
  Books, toys, puzzles, crayons, and comfort items.
- ❑ **Ham Radio Gear**
  A handheld, a mobile radio, chargers, extra batteries, antennas, power cords, and a laptop.

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