Emergency Supplies Checklist
Stocking up emergency supplies can add to your safety and comfort during and after a disaster. Store enough supplies for at least 72 hours.

Essentials
☐ Water – 1 gallon per person per day (a week’s supply of water is preferable)
☐ Water purification kit
☐ First aid kit, freshly stocked
☐ First aid book
☐ Food
☐ Can opener (non-electric)
☐ Blankets or sleeping bags
☐ Portable radio, flashlight and spare batteries
☐ Essential medications
☐ Extra pair of eyeglasses
☐ Extra pair of house and car keys
☐ Fire extinguisher – A-B-C type
☐ Food, water and restraint (leash or carrier) for pets
☐ Cash and change
☐ Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices

Sanitation Supplies
☐ Large plastic trash bags for waste; tarps and rain pouches and large trash cans
☐ Bar soap and liquid detergent
☐ Shampoo
☐ Toothpaste and toothbrushes
☐ Feminine hygiene supplies
☐ Toilet paper
☐ Household bleach

Food
Store enough emergency food to provide for your family for at least 3 days. Avoid foods that require a lot of water, refrigeration or cooking. Recommended Foods Include:
☐ Ready-to-eat canned meats, fruits and vegetables or instant meals that don't require cooking or water.
☐ Canned juices, milk and soup.
☐ High-energy foods, such as peanut butter, jelly, crackers, granola bars and trail mix.
☐ Comfort foods; hard candy, sweetened cereals, candy bars and cookies.
☐ Dried foods (select carefully as some have a high salt content).

Safety, Comfort & Miscellaneous
☐ Sturdy shoes & heavy gloves for clearing debris
☐ Garden hose for siphoning and firefighting
☐ Candles, matches & light sticks
☐ Change of clothing
☐ Knife or razor blades
☐ Tent
☐ A hat, and rain gear
☐ Recent pictures of family and children
☐ Copies of insurance and identification cards
☐ Paper, pens and tape for leaving messages (don’t forget stamps)

Tools and Supplies
☐ Axe, shovel, broom
☐ Adjustable wrench for turning off gas
☐ Tool kit including a screwdriver, pliers and a hammer
☐ Coil of ½” rope
☐ Plastic tape, staple gun and sheeting for window replacement
☐ Bicycle & a city map

Cooking
☐ Plastic knives, forks, spoons
☐ Paper plates, cups and paper towels
☐ Heavy-duty aluminum foil
☐ Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are not gas leaks; never use charcoal indoors)

First Aid Kit
☐ Cleansing agent/soap and antibiotic towelettes to disinfect
☐ Prescription medications you take every day such as insulin, heart medicine, or asthma inhaler
☐ Two pairs of disposable gloves & scissors
☐ Sterile dressings to stop bleeding
☐ Burn ointment
☐ Antibiotic ointment to prevent infection
☐ Adhesive bandages in a variety of sizes
☐ Eye wash solution to flush the eyes or as general decontaminant
☐ Over-the-counter medicines such as Aspirin, laxative, anti-diarrhea medication
☐ Prescribed medical supplies such as glucose monitoring equipment or blood pressure monitors