

EMERGENCY PREPAREDNESS KIT CHECKLIST

Water, food, and clean air are important things to have if an emergency happens. Each family or individual kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Basic Kit - Recommended Supplies

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- NOAA Emergency Weather Radio
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes
- Garbage bags, and plastic ties for personal sanitation
- Dust mask or cotton t-shirt to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with charger and backup battery

Clothing and Bedding

- Jacket or coat
- Long pants
- Long sleeve shirt
- Sturdy shoes
- Hat and gloves
- Sleeping bag or warm blanket for each person (2 mylar blankets included)

*Can be dangerous

Additional Items

Since Spring of 2020, the Centers for Disease Control and Prevention have recommended people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu. Consider adding the following items to your emergency supply kit based on your individual needs:

- Light Stick
- Emergency Candle
- Multi Tool
- Rain gear
- Mess kits, paper cups, plates, and plastic utensils
- Cash or traveler's checks and change
- Paper towels
- Fire extinguisher or fire blanket (fire blanket included)
- Tent
- Compass
- Waterproof matches*
- Signal flare*
- Paper, pencil
- Pet food and extra water for your pet
- Pet supplies and documents
- Personal hygiene items including feminine supplies
- Household chlorine bleach* - You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe, or bleaches with added cleaners.
- Medicine dropper
- Thermometer
- Non-Latex examination gloves
- Important family documents such as copies of insurance policies, identification, and bank account records in a waterproof, portable container
- Disposable or reusable masks (for everyone ages 2 and above)
- Soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Books, games, puzzles or other activities for children

Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- 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 kit as your family's needs change.

Kit Storage Locations

Since you don't know where you'll be when an emergency occurs, prepare supplies for home, work and cars.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Car:** In case you are stranded, keep a kit of emergency supplies in your car.



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