# Emergency Kit Checklist

The following is a list of items we recommend to be in your Emergency Kit. Be sure to consider individually each family member’s emotional, physical, etc. well being.

## Water
- As much water as you can carry (Extra Portable Water: 3-5 Gallons of Water stored for sanitation and drinking)
- Method of Water Purification

## Food
- 72-Hour Supply of Food
- Can Opener

## Warmth and Shelter
- Windproof/Waterproof/Strike Anywhere Matches
- Second method to start a fire
- Tent/Shelter/Plastic Sheeting
- Wool-blend Blanket/Sleeping Bag
- Hand and Body Warm Packs
- Poncho
- Lightweight Stove and Fuel

## Light Sources
- Flashlight with Extra Batteries
- Candle
- Lightsticks
- Headlamp

## Tools
- Pocket Knife/Pliers
- Shovel/Trowel
- Hatchet or Axe
- Sewing Kit
- 50-Foot Nylon Rope
- Duct Tape

## First Aid
- First-Aid Kit and Supplies
- Burn Gel and Dressings
- Bottle of Potassium Iodide Tablets
- N95 Respirator Mask

## Communications
- NOAA Weather Radio with Batteries or radio with alternate power sources
- Whistle with neck cord

## Personal Sanitation
- Toilet Paper/Tissues
- Toothbrush and Paste
- Hand Sanitizer/Soap
- Sanitary Napkins
- Comb/Razor
- Moist Towelettes
- Garbage Bags, Plastic Ties
- Cellphone & Charger (Handcrank)

## Extra Clothing
- A complete outfit of appropriate clothing for each family member. Include extra socks, underwear, hat, sturdy shoes, and gloves

## Money
- At least $20 in your kit. Be sure to include quarters for phone calls

## Important Papers
- Copies of documents important to your family (such as birth certificates, marriage licenses, wills, bank info, insurance forms), phone numbers you might need, credit card information

## Stress Relievers
- Games, books, hard candy, inspirational reading. For children: small toys, paper and pen, favorite security items

## Portable Container
- Durable water resistant duffel bag, frame pack or daypack

## Important to know

1. Your kit should be in a portable container located near an exit of your house. This is so you can grab it on your way out of the house in a serious emergency. Do not overload your kit—you may have to carry it long distances to reach safety or shelter.

2. Each family member should have their own kit with food, clothing and water. Distribute heavy items between kits.

3. Enclose the extra clothing, matches, personal documents, and other items damageable by smoke or water in plastic to protect them. If it’s raining when you have to evacuate, you will appreciate the dry clothes.

4. Keep a light source in the top of your kit, so you can find it quickly in the dark.

5. Personalize your kit. Make sure you fill the needs of each family member.

6. Inspect your kit at least twice a year. Rotate food and water. Check children’s clothing for proper fit. Adjust clothing for winter or summer needs. Check expiration dates on batteries, light sticks, warm packs, food and water.

7. Consider the needs of elderly people as well as those with handicaps or other special needs. For example: for babies, store diapers, washcloth, ointment, bottles and pacifiers, and other special supplies.

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