

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

Communications

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

Personal Sanitation

- NO Toilet Paper/Tissues
- Toothbrush and Paste
- Hand Sanitizer/Soap
- Sanitary Napkins
- Comb/Razor
- Moist Towelettes
- Garbage Bags, Plastic Ties
- Cellphone & Charger (Handcrank)

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

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

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

Light Sources

- Flashlight with Extra Batteries
- Candle
- Lightsticks
- Headlamp

Portable Box

- Durable water resistant duffel bag, frame pack or daypack

Tools

- E Extra Food
- Camp Stove
- Mess Kits and other cooking equipment
- Sun Block
- Insect Repellent
- Portable Toilet
- Snake Bite Kit
- Special Medication or other needs
- Local Map
- Glasses
- Infant Needs
- Pet Food/Water
- First Aid Book
- Emergency Reference Material

Warmth & Shelter

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



Important to Know

1 Your kit should be portable, stored in a backpack or roller bag close to an exit of your house. 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 Dry clothes may be your most valued source of warmth and shelter. Enclose extra clothing,

matches, documents, and other damageable items in plastic to protect them from smoke or water.

4 Keep a flashlight in the top of your kit, making it easy to find in the dark.

5 Personalize each kit to fit the needs of each family member.

6 Inspect your kit at least twice a year. Rotate expired food and water. Check children's clothing for proper fit, while adjust for winter or

summer needs. Check expiration dates on batteries, light sticks, warm packs, food and water.

7 Consider the special needs of your family, accommodating infants and children, handicapped and the elderly. Keep a store of essential formulas, medications and other special supplies.