



**Remember... “Prepare for the worst and hope for the best”**

## **EMERGENCY SUPPLIES CHECKLIST**

The following is a guide and very comprehensive survival kit. You should select the items to meet your needs. The best way, is to purchase a good quality “survival kit “ and supplement it with many of the following items. You will need a quality re-sealable container to store these items. Be sure to date the outside of the container.

### **1. Water and Food: Two-Week Supply Per Person**

- ☐ One gallon of water per person per day - 2 quarts per day consumption, 2 quarts per day for cleaning and sanitation. Store water packets for longer shelf life (5-year storage)
- ☐ Electrolytic fluids such as Gatorade
- ☐ Ready-to-eat canned meats, soups, fruits, and vegetables, for long term food storage use MRE's and freeze dried foods up to 25 years storage.
- ☐ Staples (salt, pepper, sugar, etc.)
- ☐ Instant tea, coffee and powdered creamer
- ☐ Pre-packaged condiments such as ketchup, mustard and mayonnaise
- ☐ Non-perishable foods of choice such as cereals, packaged snacks ready to eat, peanut butter and jelly, other comfort food and snacks, cookies, candies or trail mix.
- ☐ Powdered milk and canned or pouch packaged single serve juices of choice
- ☐ Granola bar and/or high energy protein bars such as Millennium energy Bars and Mayday food bars.
- ☐ Specialty foods for infants as required - jarred baby foods, powdered formulas
- ☐ Vitamins and any other special dietary items

### **2. Food Preparation, Service and Sanitation Supplies**

- ☐ Mess kits (one per person) or plastic/paper cups, plates and utensils - two-week supply
- ☐ Plastic bags or freezer bags such as Zip Lock Bags and storage containers for food
- ☐ Ample supply of plastic garbage bags with ties for sanitation
- ☐ Aluminum foil
- ☐ Ample supply of paper towels and napkins
- ☐ Household chlorine bleach
- ☐ Non-electric manual can opener, kitchen preparation knives and utensils
- ☐ Portable grill with appropriate spare fuel and utensils for outdoor cooking including a few pots or pans for cooking and water heating
- ☐ Matches (in waterproof container)
- ☐ Alternate heating source such as Sterno or survival stoves
- ☐ Cooking or oven mitts
- ☐ Household cleaning and dishwashing supplies

### **3. First Aid, Safety, Health and Medical Supplies**

- ☐ Complete pre-packaged first aid kit to include at a minimum the following items:
  - Sterile adhesive bandages (band-aids) in assorted sizes

- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3-5)
- 2-inch sterile roller bandages (3 rolls )
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Eye dropper
- Eye washing solution
- Pre-moistened towellestes
- Antiseptic
- Anti-biotic ointment or first aid ointment
- Thermometer
- Tongue blades
- Petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent or soap
- Latex gloves (2-4 pair)
- Sunscreen
- Aspirin or non-aspirin pain reliever
- Bee-sting reliever or ointment
- Antacid

▪ Self made card or list and contact information for all medical providers, doctors and contact information and directions to the nearest emergency medical facility or hospital.

\_\_\_\_ Prescription Drugs - a one-month supply of prescribed drugs as required by your doctor such as

heart or high blood pressure medication or insulin or any other specialty items as required for yourself and

each member of the family. Consult your physician to discuss your emergency plan and prescription

requirements as appropriate. A new emergency prescription law may now allow you to obtain a 30-day

supply of medications if an emergency is announced.

\_\_\_\_ A good first aid manual – 2 copies- one for this kit, one for your **CRITICAL DOCUMENTS** container

\_\_\_\_ Contact lens supplies and wetting solutions, spare eyeglasses and sunglasses as needed

\_\_\_\_ Dental and denture supplies including spare toothbrushes, toothpaste and dental rinses

\_\_\_\_ Mosquito repellent

\_\_\_\_ Isopropyl alcohol and/or hydrogen peroxide

\_\_\_\_ Water purification tablets

\_\_\_\_ Syrup of Ipecac (use to induce vomiting if advised by medical personnel or the poison control center)

\_\_\_\_ Laxative

\_\_\_\_ Activated charcoal (use if advised by medical personnel or the poison control center)

\_\_\_\_ Safety goggles

\_\_\_\_ An ABC rated fire extinguisher

#### 4. Personal and Hygiene Supplies

\_\_\_\_ Soap and disinfectants

\_\_\_\_ Any and all specialty medical equipment needed to include such things as breathing or oxygen supplies, diabetes test kits, mobility devices, sanitary and all applicable medical histories and requirements.-best course for special needs patients and individuals is to be pre-registered

well in advance at a special needs shelter and arrangements made for transport and other needs. A complete information card with medical conditions, requirements, care needs, contact information of caregivers, family members etc should be made. Keep a copy of this special needs information in your Critical documents container.

- \_\_\_\_\_ Feminine hygiene supplies
- \_\_\_\_\_ Toiletries, including disposal razors, toothbrushes, toothpaste, combs and hairbrushes, deodorant etc.
- \_\_\_\_\_ Toilet paper (two week supply for all persons)
- \_\_\_\_\_ Hand sanitizer such as Purell
- \_\_\_\_\_ Sunscreen (SPF 30-45) and lip balms such as Blistex, skin moisturizers
- \_\_\_\_\_ Eyeglass cleaner and wetting solution for contact lenses, spare set of contact lenses if applicable and lens holder.
- \_\_\_\_\_ Spare hearing aid batteries if applicable
- \_\_\_\_\_ Personal identification card or sheet including any medical conditions, age, weight, distinguishing characteristics. Keep a copy in your critical documents container.

## 5. General Supplies and Tools

- \_\_\_\_\_ Flashlights (minimum 1 per person) and LOTS of spare batteries
- \_\_\_\_\_ Battery powered radio or TV
- \_\_\_\_\_ Portable battery powered lanterns or lamps
- \_\_\_\_\_ Local and regional maps with landmarks –place in “Emergency Plan” file
- \_\_\_\_\_ “Old Style” Manual corded telephone
- \_\_\_\_\_ Compass, signal flares, small reflecting signal mirror and whistle
- \_\_\_\_\_ Candles ( Use as form of light source as a last resort only – fire hazard.)
- \_\_\_\_\_ One can of red spray paint- post storm you can erect a temporary sign on your property or use an outside wall and spray paint your status (examples- 4 persons all ok, date and time; need help- 4 persons-1 injury- date and time)
- \_\_\_\_\_ Shut-off tools for gas or water supply to house as applicable
- \_\_\_\_\_ Tool kit to include at a minimum a hammer, assorted pliers set, screwdriver set, duct tape, utility knife, pry bar or crowbar, outdoor extension cords, assortment of nails and screws, spare padlock and keys, small utility saw and ice pick.
- \_\_\_\_\_ Plastic sheeting and roofing tarps, skein of ¼” or 3/8” rope
- \_\_\_\_\_ Work gloves, safety work boots or shoes and goggles

## 6. Infant/Baby Supplies as Applicable

- \_\_\_\_\_ Disposable diapers (minimum two week supply)
- \_\_\_\_\_ Formula, food (see food checklist), and medication supplies
- \_\_\_\_\_ Bottles, feeding utensils and supplies
- \_\_\_\_\_ Sanitation and comfort supplies such as anti-rash ointments, etc.
- \_\_\_\_\_ Warming blankets and clothing for two weeks
- \_\_\_\_\_ Identification placard or sheet to include name, birth date, address, distinguishing characteristics, nearest non-parent relative contact information, medical conditions, special needs, doctor or care provider information, parent information and contact information.

## 7. Pet Needs and Supplies as Applicable

- \_\_\_\_\_ Dry or canned food supply for two weeks including treats or snacks
- \_\_\_\_\_ ID Tags and spare collars as appropriate
- \_\_\_\_\_ Spare leash or harness as applicable
- \_\_\_\_\_ Pet medications and spare prescription medications as applicable
- \_\_\_\_\_ Immunization or vaccination records or “micro-chip” or tattoo records
- \_\_\_\_\_ Water ½ gallon per day per house pet- include in your overall emergency water supply
- \_\_\_\_\_ Litter box or comfort supplies as necessary including bedding materials or carrying containers as appropriate
- \_\_\_\_\_ Information card including name, feeding schedule or habits, behavioral demeanor or

issues/tendencies, veterinarian contact information, nearest “pet friendly” emergency shelter and nearest boarding shelter- include a copy of this card and immunization records in your Critical Documents containerinclude a current picture. This will be helpful in case you have to board your pet for any duration of time.

Note: Large animal owners should prepare an animal safety plan according to specific needs. Contact your veterinarian or animal handler to assist you in such a plan.

## 8. Vehicle Preparation and Supplies

- \_\_\_\_\_ Full tank of fuel
- \_\_\_\_\_ Vehicle first aid kit
- \_\_\_\_\_ Vehicle fire extinguisher
- \_\_\_\_\_ Roadside emergency kit including battery jumper cables, spare fuses, road flares or reflective warning devices
- \_\_\_\_\_ Well maintained spare tire, all tools and jack in good working order
- \_\_\_\_\_ Spare lubricants and oil
- \_\_\_\_\_ Cell phone vehicle charger as applicable
- \_\_\_\_\_ Current registration and insurance cards and information, roadside assistance cards as applicable.
- \_\_\_\_\_ One spare empty gasoline container
- \_\_\_\_\_ Games and diversionary toys for children during travel as applicable