

EMERGENCY PREPAREDNESS KIT

Check List



Your emergency kit should contain enough provisions for 72 hours, per person.
Don't forget about your pets

WATER

- Drinking Water: 1 gallon per person / per day in unbreakable containers. Allow extra water for children, ill people and nursing mothers.
- Additional water to mix baby formula and for food preparation (requires a min. of 2 quarts per person daily)
- Extra containers of water for flushing toilets, cleaning and bathing.
- Purchase water purification tablets - Halazone

FOOD - 3-7 days for each family member

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|---|--|---|
| <input type="checkbox"/> Sterno for cooking | <input type="checkbox"/> Vitamins | <input type="checkbox"/> Paper cups, plates & plastic utensils |
| <input type="checkbox"/> Non electric can opener | <input type="checkbox"/> Aluminum foil | <input type="checkbox"/> Plastic storage containers |
| <input type="checkbox"/> Ice | <input type="checkbox"/> BBQ grill w/ extra propane tank | <input type="checkbox"/> Pedialyte (to restore hydration if needed) |
| <input type="checkbox"/> Sugar, salt, pepper in water proof containers | | |
| <input type="checkbox"/> High energy foods like crackers, granola bars, trail mix | | |
| <input type="checkbox"/> Raw Vegetables that do not need refrigeration | | |
| <input type="checkbox"/> Comfort/Stress foods - cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags | | |

BABY NEEDS

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|-------------------------------------|---|---|
| <input type="checkbox"/> Formula | <input type="checkbox"/> Special Foods | <input type="checkbox"/> Extra Diapers |
| <input type="checkbox"/> Medicine | <input type="checkbox"/> Blankets | <input type="checkbox"/> Diaper Rash Ointment |
| <input type="checkbox"/> Baby Wipes | <input type="checkbox"/> Powder | <input type="checkbox"/> Bottles |
| <input type="checkbox"/> Pacifier | <input type="checkbox"/> Favorite Toy / Blanket | <input type="checkbox"/> Medicine dropper |

SANITATION

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|---|---|--|
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Soap, Shampoo | <input type="checkbox"/> Liquid Hand Sanitizer |
| <input type="checkbox"/> Feminine supplies | <input type="checkbox"/> Toothbrush, toothpaste | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Plastic garbage bags | <input type="checkbox"/> Plastic bucket w/tight lid | <input type="checkbox"/> Chlorine Bleach, disinfectant |
| <input type="checkbox"/> Towels | <input type="checkbox"/> Liquid detergent | |

FIRST AID KIT: 1 for home, 1 for car

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| <input type="checkbox"/> Band-aids | <input type="checkbox"/> Sterile gauze pads | <input type="checkbox"/> Non-latex gloves |
| <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Anti-bacterial ointment | <input type="checkbox"/> Antiseptic spray |
| <input type="checkbox"/> Cold packs (non-refrigerated) | <input type="checkbox"/> Scissors | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Rubbing alcohol | <input type="checkbox"/> Face shield | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Safety pins | <input type="checkbox"/> Aspirin/non-aspirin pain relievers | <input type="checkbox"/> Benadryl |
| <input type="checkbox"/> Peroxide | <input type="checkbox"/> Anti-diarrhea medication | <input type="checkbox"/> Antacid (for stomach upset) |

PRESCRIPTION DRUGS

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|--|--|--|
| <input type="checkbox"/> Heart/Blood Pressure meds | <input type="checkbox"/> Insulin (30 days) | <input type="checkbox"/> Hearing Aids/xtra batteries |
| <input type="checkbox"/> Denture needs | <input type="checkbox"/> Contact Lenses & Supplies | <input type="checkbox"/> Extra pair of eyeglasses |

CLOTHING & BEDDING

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|---|--|----------------------------------|
| <input type="checkbox"/> Complete outfit per person | <input type="checkbox"/> Extra pair shoes per person | <input type="checkbox"/> Towels |
| <input type="checkbox"/> Rain gear | <input type="checkbox"/> Blankets or sleeping bags | <input type="checkbox"/> Pillows |
| <input type="checkbox"/> Hat & gloves | <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Tent |
| <input type="checkbox"/> Lawn Chairs | | |

MISCELLANEOUS

- | | | |
|---|---|--|
| <input type="checkbox"/> Wind-up/battery Clock | <input type="checkbox"/> Paper & pen or pencil | <input type="checkbox"/> Needles, thread |
| <input type="checkbox"/> Camping utensils | <input type="checkbox"/> Map | <input type="checkbox"/> Cash (enough for 2 weeks) |
| <input type="checkbox"/> Citronella candles | <input type="checkbox"/> games | <input type="checkbox"/> Books |
| <input type="checkbox"/> Cards | <input type="checkbox"/> Batteries for games | <input type="checkbox"/> Coloring books, crayons |
| <input type="checkbox"/> Razor or knife | <input type="checkbox"/> Battery operated radio | <input type="checkbox"/> Bug Repellant |
| <input type="checkbox"/> 2-3 flashlights / xtra batteries | <input type="checkbox"/> Whistle | <input type="checkbox"/> Shut off wrench to turn off gas/water |

NOT EVACUATING & STAYING HOME?

- Enough supplies in your above kit to last for up to 2 weeks
- Turn refrigerator to coldest setting and keep it closed
- Turn off propane tanks
- Unplug small appliances
- Fill bathtub and other containers with water for cleaning and flushing.
- Select an interior room to use as a safe room
- Plan as though you are evacuating and have enough cash on hand
- Gas / fuel for your generator
- Ensure you have sufficient medications

