

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
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- 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)

Clothing and Bedding:

Living in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:

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

Additional Items:

Listed below are other items for your family to consider adding to your kit. Some of these items can be dangerous, so please handle carefully. Other emergency reference materials can be found at www.ready.gov.

- 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
- Tent
- Compass
- Matches in a waterproof container*
- Signal flare*
- Paper, pencil
- Pet supplies and documents
- Personal hygiene items including feminine supplies
- Disinfectant*
- 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
- Important Family Documents such as copies of insurance policies, identification, and bank account records in a waterproof, portable container

* Can be dangerous