



# Emergency Supply Kit

Use the following checklist to assemble your supply kit.  
Include other items as appropriate for you family.

## FOOD AND WATER

- 7 day supply of water (1 gallon per person per day), replace every 3 months
- 5-7 day supply of nonperishable food (for each family member), replace prior to expiration
- Manual can opener and utensils
- Camp stove with fuel or other nonelectric cooking device
- Paper or plastic plates and bowls

## COMMUNICATION NEEDS

- NOAA Weather radio, battery powered or hand-crank radio and extra batteries
- Copy of family disaster plan and important phone numbers, important Documents
- Mobile phone, extra battery, and charger for your vehicle
- Prepaid phone card
- Whistle to signal for help/light stick

## FIRST AID

- Waterless hand cleaner
- Rubbing alcohol
- Antibiotic ointment
- Hydrocortisone cream
- Adhesive bandages in assorted sizes
- Eyewash solution
- Pain relievers for adults and children
- Sterile dressings
- Oral Thermometer (non-mercury, non-glass)
- Insect repellent and sunscreen
- Hygiene products, such as soap and toothpaste
- Tweezers
- Petroleum jelly or other lubricant
- Medical gloves

## SPECIAL NEEDS

- Infant formula, baby food, diapers and other supplies
- Prescription medications (1-week supply) and copies of prescriptions
- Prescribed medical supplies, such as glucose or blood pressure monitoring devices
- Eyeglasses, contacts, contact solution, and contact case
- Items for disabled family members

## PET NEEDS

- 7 day supply of food and water
- Leash and collar with identification and date of rabies vaccination
- Immunization records and prescription medications
- Pet carrier or wire cage
- A photo of you and your pet together in case of separation

## OTHER BASICS

- First-aid instruction booklet
- Flashlight with fresh batteries and extra batteries
- Candles, lighter and waterproof matches
- Multipurpose ABC fire extinguisher (self-inspect monthly). Replace as needed
- Masks to help filter dust
- Work gloves
- Sanitation supplies, such as moist towelettes
- Plastic sheeting and duct tape to create a shelter
- Wrench or pliers to turn off utilities
- Local maps
- Change of clothing and shoes for each individual (weather appropriate)
- Blanket or sleeping bag for each individual consider additional bedding for cold climates
- Extra set(s) of vehicle keys
- Cash and coins for 1-2 weeks
- Plastic garbage bags
- Chlorine bleach and instructions for disinfecting
- Emergency supplies for your vehicle
- Fuel vehicles and generators



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## IMPORTANT DOCUMENTS

Make sure you can access your family's important personal documents in the event of an emergency and keep them stored in a secure location.

DOCUMENT	LOCATION
<input type="checkbox"/> ATM/ Debit Card information	
<input type="checkbox"/> Bank statement	
<input type="checkbox"/> Birth Certificates	
<input type="checkbox"/> Credit card information	
<input type="checkbox"/> Driver's license	
<input type="checkbox"/> Durable power of attorney	
<input type="checkbox"/> Health care power of attorney	
<input type="checkbox"/> Health insurance cards	
<input type="checkbox"/> Insurance policies	
<input type="checkbox"/> Home inventory list	
<input type="checkbox"/> Living will	
<input type="checkbox"/> Login and passwords	
<input type="checkbox"/> Marriage certificate	
<input type="checkbox"/> Medical directives	
<input type="checkbox"/> Military records	
<input type="checkbox"/> Passports	
<input type="checkbox"/> Power of attorney	
<input type="checkbox"/> Proof of address (utility bill)	
<input type="checkbox"/> Immunization records	
<input type="checkbox"/> Social Security Cards	
<input type="checkbox"/> Trust	
<input type="checkbox"/> Vehicle registration	
<input type="checkbox"/> Will	
<input type="checkbox"/> Written list of important contacts	