

Emergency Kit Checklist

(compiled from a combination of sources including [redcross.org](https://www.redcross.org) and [ready.gov](https://www.ready.gov))

Water

- ☐ Water stored in plastic containers: one gallon per person (and land-dwelling pet), per day (3-day supply for evacuation, 2-week supply for home)

Food

(non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)

- ☐ Ready-to-eat canned meats, fruits, vegetables
- ☐ Protein Bars, **Energy Bars**, and fruit bars
- ☐ Instant Coffee and Tea
- ☐ Dry cereal or granola
- ☐ Peanut butter or another type of protein spread
- ☐ Dried fruit
- ☐ Nuts
- ☐ Crackers
- ☐ Canned juices
- ☐ Non-perishable pasteurized milk
- ☐ High energy foods
- ☐ Vitamins
- ☐ Food for infants
- ☐ Comfort/stress foods

Basic Items

- ☐ **Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert** and extra batteries for both
- ☐ **Water Filtering System** and/or Household chlorine bleach and **medicine dropper** – When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ **Flashlight** and extra batteries
- ☐ **First aid kit** (see next page to assemble your own)
- ☐ **Leatherman Multi-tool**
- ☐ **Protective Eyewear**
- ☐ **Light Sticks**
- ☐ **Whistle** to signal for help
- ☐ **Dust mask or Multi-Purpose Anti-Pollution Mask** to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

- ☐ **Moist towelettes, garbage bags** and plastic ties for personal sanitation
- ☐ **Wrench or pliers** to turn off utilities
- ☐ **Manual can opener or Multi-Kitchen Tool** to open food
- ☐ Local **maps**
- ☐ Cell phone with **chargers, inverter** or **Portable Solar Charger Panel**

Additional Items

- ☐ **Fire Starter**
- ☐ Cash or traveler's checks and change
- ☐ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. You can use the **Emergency Financial First Aid Kit - EFFAK (PDF - 977Kb)** developed by **Operation Hope, FEMA** and **Citizen Corps** to help you organize your information.
- ☐ **Sleeping bag, Sleeping Pad, or warm blanket** for each person. Consider additional bedding if you live in a cold-weather climate.
- ☐ **Towels**
- ☐ **Survival Tabs - Extra Food Rations**
- ☐ **Fire extinguisher**
- ☐ **Matches in a waterproof container**
- ☐ **Feminine supplies and personal hygiene items**
- ☐ **Mess kits, paper cups, plates, paper towels and plastic utensils**
- ☐ **Paper and pencil**
- ☐ **Books, games, puzzles or other activities for children**
- ☐ **Dry bag / Raincover**
- ☐ **Waterproof Cover for documents**
- ☐ **Compact Military Folding Shovel**
- ☐ **Edible Wild Foods Flash Cards**
- ☐ **Portable Toilet**



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First Aid Kit

- ☐ Two pairs of **Latex** or **other sterile gloves** if you are allergic to Latex
- ☐ **Sterile dressings** to stop bleeding
- ☐ **Cleansing agent/soap** and **antibiotic towelettes**
- ☐ **Antibiotic ointment**
- ☐ **Burn ointment**
- ☐ **Adhesive bandages** in a variety of sizes
- ☐ **Eye wash solution** to flush the eyes or as **general decontaminant**
- ☐ **Thermometer**
- ☐ Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- ☐ Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Non-prescription drugs:

- ☐ **Aspirin** or non-aspirin pain reliever
- ☐ Anti-diarrhea medication
- ☐ Antacid
- ☐ Laxative

Other first aid supplies:

- ☐ **Scissors**
- ☐ **Tweezers**
- ☐ Tube of **petroleum jelly** or other lubricant

For Baby

- ☐ **Infant formula**
- ☐ **Diapers**
- ☐ Bottles
- ☐ Powdered milk
- ☐ Medications
- ☐ **Moist towelettes**
- ☐ Diaper rash ointment

For Adults

- ☐ Denture needs
- ☐ Contact lenses and supplies
- ☐ Extra eye glasses

For Pets

- ☐ **Pet food**
- ☐ extra water

Clothing

Complete change of clothing for each person including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

- ☐ **Men's Underwear**
- ☐ **Men's Hiking Pants**
- ☐ **Men's Hiking Shirt**
- ☐ **Men's Hiking Boots**
- ☐ **Men's Moisture Wicking Socks**
- ☐ **Men's Lightweight Jacket with Hood**
- ☐ **Women's Mesh Underwear**
- ☐ **Women's Convertible Hiking Pants**
- ☐ **Women's Camping Shirt**
- ☐ **Women's Hiking Boots**
- ☐ **Women's Moisture Wicking Socks**
- ☐ **Women's Lightweight Jacket with Hood**
- ☐ Full change of clothing for baby and child - regularly change out sizes as your child grows
- ☐ **Kid's Hat**
- ☐ **Adult Hat**



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