Family Emergency Kit Checklist

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth**. You should keep emergency supplies on hand. In addition, you should place some needed supplies in a container that can be quickly taken with you. In addition to a grab and go emergency kit, you should store other supplies in case of an emergency requiring you to stay where you are for an extended period of time. Below are suggestions for both an emergency kit and emergency preparation:

**Grab & Go Emergency Kit:**

- Container for kit - large plastic tub, camping backpack, large duffle bag or similar container
- Water - 1 gallon per person per day (include as much as you can fit)
- Food - Three day supply of non-perishable food such as
  - Ready to eat canned meats, fruits, and vegetables
  - Canned juices, milk and soup
  - High energy food - peanut butter, granola bars, trail mix
- Battery powered radio and batteries
- Flashlight and extra batteries
- First Aid Kit
- Whistle - to signal for help
- Filter mask - cotton t-shirt can also help filter the air
- Wrench or pliers - tools to turn off utilities
- Manual can opener - for canned food - not needed if canned food is not included
- Plastic sheeting and duct tape
- Garbage bag and plastic ties - for personal sanitation
- Clothing - at least one complete change of clothing
- Hygiene - toilet paper, feminine supplies, soap, towelettes
- Medications
- Important documents
- Blankets or sleeping bags
- Utility knife

Other items to store in the home if you need to stay at home for an extended period of time:

- Water - at least 1 gallon per person per day for 3 to 7 days
- Food - at least enough for 3 to 7 days
  - Non-perishable packaged or canned food / juices
  - Foods for infants or the elderly
  - Snack foods
  - Non-electric can opener
  - Cooking tools / cooking fuel (take care in storing fuel)
  - Paper plates / plastic utensils
- Copy of your emergency plan
- First aid kit
  - Aspirin or non-aspirin pain reliever
  - Anti-diarrhea medication
Family Emergency Kit Checklist

- Antacid
- Sterile adhesive bandages
- Sterile gauze
- Hypoallergenic adhesive tape
- Roller bandages
- Scissors
- Tweezers
- Antiseptic
- Thermometer
- Cleansing agent/soap
- Latex gloves

☐ Flashlight / Batteries
☐ Radio - Battery operated and NOAA weather radio or crank operated radio
☐ Cash (with some small bills)
  - Banks and ATMS may not be open or available for extended periods
☐ Non-electric watch or clock
☐ Important documents - in a waterproof container or watertight resealable plastic bag
  - Insurance, medical records, bank account numbers, social security cards, etc.
☐ Tools - to turn off utilities as needed
☐ Pet care items
  - Proper identification / immunization records / medications
  - Ample supply of food and water
  - A carrier or cage
  - Muzzle and leash
☐ Soap / shampoo / deodorant / toothpaste / toothbrush / moisture wipes
☐ Knife
☐ Flares
☐ Whistle
☐ Needles and thread
☐ Make sure vehicle fuel tanks are half-full

Rethink your kit once a year. Replace food and water every six months.