

EMERGENCY SUPPLIES CHECKLIST

1. Water and Food: Two-Week Supply Per Person

- One gallon of water per person per day - 2 quarts per day consumption, 2 quarts per day for food preparation, cleaning and sanitation.
- Electrolytic fluids such as Gatorade or Pedialyte
- Ready-to-eat canned meats, soups, fruits, and vegetables
- Staples (salt, pepper, sugar, etc.)
- Instant tea, coffee and powdered creamer
- Pre-packaged condiments such as ketchup, mustard and mayonnaise
- Non-perishable foods of choice such as cereals, packaged snacks ready to eat, peanut butter and jelly, other comfort food and snacks, cookies, candies or trail mix
- Powdered milk and canned or pouch packaged single serve juices of choice
- Granola bar and/or high energy protein bars such as Power Bars
- Specialty foods for infants as required - jarred baby foods, powdered formulas
- Vitamins and any other special dietary items

2. Food Preparation, Service and Sanitation Supplies

- Mess kits (one per person) or plastic/paper cups, plates and utensils - two-week supply
- Plastic bags or freezer bags such as Zip Lock Bags and storage containers for food
- Ample supply of plastic garbage bags with ties for sanitation
- Aluminum foil
- Ample supply of paper towels and napkins
- Household chlorine bleach
- Non-electric manual can opener, kitchen preparation knives and utensils
- Portable grill with appropriate spare fuel and utensils for outdoor cooking including a few pots or pans for cooking and water heating
- Matches (in waterproof container)
- Alternate heating source such as Sterno
- Cooking or oven mitts
- Household cleaning and dishwashing supplies

3. First Aid, Safety, Health and Medical Supplies

- _____ Complete pre-packaged first aid kit to include at a minimum the following items:
 - Sterile adhesive bandages (band-aids) in assorted sizes
 - 2-inch sterile gauze pads (4-6)
 - 4-inch sterile gauze pads (4-6)
 - Hypoallergenic adhesive tape
 - Triangular bandages (3-5)
 - 2-inch sterile roller bandages (3 rolls)
 - 3-inch sterile roller bandages (3 rolls)
 - Scissors
 - Tweezers
 - Needle
 - Eye dropper
 - Eye washing solution
 - Pre-moistened towelettes
 - Antiseptic
 - Anti-biotic ointment or first aid ointment
 - Thermometer
 - Tongue blades
 - Petroleum jelly or other lubricant
 - Assorted sizes of safety pins
 - Cleansing agent or soap
 - Latex gloves (2-4 pair)
 - Sunscreen
 - Aspirin or non-aspirin pain reliever
 - Bee-sting reliever or ointment
 - Antacid
 - Self made card or list and contact information for all medical providers, doctors and contact information and directions to the nearest emergency medical facility or hospital.

- _____ Prescription Drugs - a one-month supply of prescribed drugs as required by your doctor such as heart or high blood pressure medication or insulin or any other specialty items as required for yourself and each member of the family. Consult your physician to discuss your emergency plan and prescription requirements as appropriate. A new emergency prescription law may now allow you to obtain a 30-day supply of medications if an emergency is announced.

- _____ A good first aid manual – 2 copies- one for this kit, one for your **CRITICAL DOCUMENTS** container

- _____ Contact lens supplies and wetting solutions, spare eyeglasses and sunglasses as needed

- _____ Dental and denture supplies including spare toothbrushes, toothpaste and dental rinses

- _____ Mosquito repellent

- _____ Isopropyl alcohol and/or hydrogen peroxide

- _____ Water purification tablets

- _____ Syrup of Ipecac (use to induce vomiting if advised by medical personnel or the poison control center)

- _____ Laxative

- _____ Activated charcoal (use if advised by medical personnel or the poison control center)

- _____ Safety goggles

- _____ An ABC rated fire extinguisher

4. Personal and Hygiene Supplies

- _____ Soap and disinfectants
- _____ Any and all specialty medical equipment needed to include such things as breathing or oxygen supplies, diabetes test kits, mobility devices, sanitary and all applicable medical histories and requirements.- best course for special needs patients and individuals is to be pre-registered well in advance at a special needs shelter and arrangements made for transport and other needs. A complete information card with medical conditions, requirements, care needs, contact information of caregivers, family members etc should be made. Keep a copy of this special needs information in your Critical documents container.
- _____ Feminine hygiene supplies
- _____ Toiletries, including disposal razors, toothbrushes, toothpaste, combs and hairbrushes, deodorant etc.
- _____ Toilet paper (two week supply for all persons)
- _____ Hand sanitizer such as Purell
- _____ Sunscreen (SPF 30-45) and lip balms such as Blistex, skin moisturizers
- _____ Eyeglass cleaner and wetting solution for contact lenses, spare set of contact lenses if applicable and lens holder.
- _____ Spare hearing aid batteries if applicable
- _____ Personal identification card or sheet including any medical conditions, age, weight, distinguishing characteristics. Keep a copy in your critical documents container.

5. General Supplies and Tools

- _____ Flashlights (minimum 1 per person) and LOTS of spare batteries
- _____ Battery powered radio or TV
- _____ Portable battery powered lanterns or lamps
- _____ Local and regional maps with landmarks –place in “Emergency Plan” file
- _____ “Old Style” Manual corded telephone
- _____ Compass, signal flares, small reflecting signal mirror and whistle
- _____ Candles (Use as form of light source as a last resort only – fire hazard.)
- _____ One can of red spray paint- post storm you can erect a temporary sign on your property or use an outside wall and spray paint your status (examples- 4 persons all ok, date and time; need help- 4 persons-1 injury- date and time)
- _____ Shut-off tools for gas or water supply to house as applicable
- _____ Tool kit to include at a minimum a hammer, assorted pliers set, screwdriver set, duct tape, utility knife, pry bar or crowbar, outdoor extension cords, assortment of nails and screws, spare padlock and keys, small utility saw and ice pick.
- _____ Plastic sheeting and roofing tarps, skein of ¼” or 3/8” rope
- _____ work gloves, safety work boots or shoes and goggles

