

EMERGENCY/DISASTER PREPAREDNESS SUPPLIES CHECK LIST

PERSONAL

- First Aid Kit and First Aid Book
- Medical Information List for EACH Member of Family
- Photo Identification (license, passport)
- Cash/money (ATM's and Credit Cards won't work if electricity is out)
- Prescription medications **
- Glucose and/or blood pressure monitoring equipment
- Aspirin/Tylenol/Ibuprofen
- Antacids
- Vitamins
- Anti-diarrheal medication
- Antiseptic/alcohol wipes
- Band-aids
- Thermometer
- Dentures
- Eye glasses (2 pair)/Contact Lenses/Sunglasses
- Baby Items: Diapers/Wipes/Baby Food/Formula
- Nursing mothers should have a contingency plan for feeding their baby in case they are separated
- Plastic baby bottles/nipples
- Infant medications/Medicine dropper
- Scissors
- Tweezers
- Feminine hygiene products
- Safety pins
- Facial tissue
- Toilet paper/moist towelettes
- Tooth brush/tooth paste
- Paper towels
- Soap/Liquid antibacterial hand soap
- Shampoo
- Sunscreen
- Blankets/sleeping bags/pillows for each person
- Sturdy shoes or work boots/each person
- Coats/hats/gloves
- Rain gear/vinyl ponchos
- One complete change of warm clothing per person
- Books, crayons, games, cards, puzzles for children
- iPod(s)

FOOD

- Water (at least 1 gallon/per person/per day, for 3 days) **
- Food (at least a 3 day supply of non-perishable food that requires no refrigeration, no preparation and no cooking/per person)
- Canned meats: tuna, sardines, ham, chicken, etc.
- Canned fruits and fruit juices
- Canned vegetables
- Dried fruit and canned nuts
- Canned soup
- Peanut butter
- Granola bars
- Trail mix
- Crackers
- Bread
- Tea bags/Instant coffee
- Cookies
- Dry cereal
- Powdered milk
- Jelly
- Your families' comfort foods (chocolate, etc...)

EQUIPMENT

- Battery powered radio and extra batteries
- Can opener (manual)/bottle opener
- Charged cell phone and car charger
- Maps (plan evacuation route with your family)
- Spiral notebook/pens/pencils/stamps
- Whistle(s)
- Plastic utensils, paper plates, hot and cold cups
- Aluminum foil/sealable plastic bags
- Trash bags/Plastic Ties (for personal sanitation use)
- Needle and thread
- Work gloves/Safety goggles
- Hammer, nails, screwdriver, shovel
- Wrench or pliers to turn off utilities(Electricity & water)
- Pocket knife
- Watch or battery operated clock
- Non latex gloves
- Flashlights/spare bulb/extra batteries

- Signal flare
- Compass
- Duct tape/Plastic sheeting
- Dust/Face masks
- Matches in waterproof container
- Permanent marking pen
- Emergency thermal blanket
- Rope
- Fire starting supplies
- Cans of sterno
- Fire extinguisher (ABC type)
- Waterproof plastic container with lid for important papers (vital records, copies of insurance policies, identification and bank account records, passports, birth certificates, video or CD of personal belongings in home)
- Additional watertight containers
- Emergency telephone numbers
- Household Chlorine Bleach (When diluted nine parts water to one part bleach, bleach can be used as a disinfectant.)
- Do not use scented, color safe or bleaches with added cleaners. To purify water add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. This is the only liquid agent that should be used to purify water.**

PETS

- Pet food, dry or canned and water
- Pet supplies, leash
(Red Cross Disaster Shelters CANNOT accept pets except service animals that assist people with disabilities)

** Periodically rotate these items so they are exchanged out of the emergency storage bin every six months and replaced with new items.

For more information about the
Emergency Preparedness Task Force
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