

Emergency Supplies Checklist

For most emergencies expect to keep at least enough food to feed each person in your household for 3-5 days.

NON-PERISHABLE FOODS & BEVERAGES

- ☐ Canned soups with pull tab
- ☐ Canned meat with pull tab
- ☐ Tuna fish sealed pouch or pull tab
- ☐ peanut butter
- ☐ granola bars
- ☐ nuts
- ☐ dried fruit
- ☐ beef jerky
- ☐ trail mix
- ☐ canned vegetables with pull tab
- ☐ canned fruit with pull tab
- ☐ shelf-stable applesauce
- ☐ shelf-stable pudding
- ☐ peanut butter crackers
- ☐ cheese crackers

- ☐ Can opener for cans that don't have a pull tab
- ☐ Water – 1 gallon per person for day for drinking . Add more if you'll be using it for personal hygiene. A 5 day supply for a family of 4 would equal 20 gallons of drinking water

OTHER ITEMS YOU'LL APPRECIATE HAVING

- ☐ Matches in a waterproof container
- ☐ Extra Batteries
  - AA
  - D
  - C
  - 9V
- ☐ Small Tool Kit with Pliers, Wrench, Screwdrivers
- ☐ Duct Tape
- ☐ Plastic Sheeting/Tarps
- ☐ Dust Masks
- ☐ Hand Cranked Radio
- ☐ Emergency Phone that doesn't require electricity
- ☐ Cell phone with charger
- ☐ Solar charger
- ☐ Whistle to signal for help

- ☐ Household Fire Extinguisher
- ☐ 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.)
- ☐ Cash
- ☐ Maps

PAPER GOODS FOR MEALS: This becomes important when there is no water with which to wash dishes

- ☐ Paper plates
- ☐ Plastic cups
- ☐ Plastic utensils
- ☐ Paper towels
- ☐ Garbage bags (13 gal. for personal hygiene items and 30 gal. for normal garbage)

FIRST AID/MEDICATIONS

- ☐ First aid kit – see first aid kit checklist for items to be included
- ☐ First Aid Manual
- ☐ Prescription medication
- ☐ Over-the-Counter medication
- ☐ Glasses
- ☐ Hearing Aids

PERSONAL COMFORT

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Soap
- ☐ Feminine hygiene supplies
- ☐ Razor
- ☐ Towels
- ☐ Blankets/Sheets or Sleeping Bag
- ☐ Pillows
- ☐ Extra Clothing & Shoes appropriate for the weather

- [ ] Pet Food & Supplies

IMPORTANT DOCUMENTS

- [ ] Drivers License
- [ ] Credit/Debit Cards
- [ ] Insurance Policies
- [ ] Bank Records
- [ ] Wills
- [ ] Passports
- [ ] Extra set of house keys and car keys
- [ ] Birth certificate
- [ ] Marriage certificate
- [ ] Social Security cards
- [ ] Deeds
- [ ] Inventory of household goods
- [ ] Immunization records
- [ ] Stocks and bonds
- [ ] List with Important Phone Numbers