

EMERGENCY-SUPPLY CHECKLIST

FOOD AND WATER

- Three days' worth of non-perishable, packaged or canned food/juices
- Three days' worth of water (3 gallons per person, per day)
- Infant formula and baby food, if appropriate
- Snack foods (nuts, granola bars, energy bars)
- Water-purifying supplies, such as iodine tablets or unscented household chlorine bleach (use 16 drops per gallon of water)

MEDICINE AND HYGIENE

- Basic toiletries such as toothpaste and soap
- Prescription medications, plus a list of meds and how to take them
- Pain reliever such as aspirin or Tylenol for adults and children
- Bandages in assorted sizes
- Anti-diarrhea medicine
- Insect repellent
- Wet wipes
- Hand sanitizer
- Eyeglasses and/or contact lens supplies
- Toilet paper
- Tweezers
- Cough medicine
- Special needs: contact lens solution, hearing aid, hearing-aid batteries

COMMUNICATION GEAR

- Battery-powered radio and extra batteries
- NOAA weather radio
- Cell phone charger (ideally, one that works in the car)
- Extra cell phone battery
- Copy of family disaster plan (include 2 places to meet and phone number for a contact)
- List of family and friends' contact numbers
- Roll of quarters for pay phones

DOCUMENTS

- Medical information: health insurance card, doctor's name and phone number, immunization records and prescriptions, including those for glasses and contacts
- Copy of driver's license
- Account and service numbers for utilities, credit cards, mortgage or lease, checking, savings and investment accounts
- Copies of three most-recent federal and state tax returns
- Inventory of your possessions
- Backups of critical digital information
- Copies of wills and emergency directives
- Copies of documents in a safe deposit box

- Copy of your insurance coverage and the contact numbers to make a claim
- Recent photographs of you and your family members
- CD or videotaped footage of valuable possessions
- Copies of passports, licenses and birth certificates
- Written instructions on how to turn off electricity, gas and water if authorities advise you to do so. (Remember, you'll need a professional to turn them back on.)

PET NEEDS

- Collar with identification and rabies tags
- Pet carrier (canvas ones fold down for easy storage) and bedding
- Three days' worth of food, water and medications
- Favorite toys
- Flea collar/pills/drops
- First-aid kit
- Pet's medical records
- Recent color photo of your pet, plus one of you and your pet together to document ownership
- Litter box and litter
- Leash

OTHER BASICS

- Extra clothing
- Whistle
- Cash with some small bills (banks and ATMS might not be available)
- Flashlight
- Protective clothing, rain gear
- Bedding or sleeping bags
- Toys, books and games
- Special items for infants, elderly or disabled family members
- Keys
- Plastic garbage bags
- Notebook and pen
- Blankets (one per person)
- Chlorine bleach (for disinfection purposes)
- Gasoline container
- Matches in a waterproof container
- Manual can opener
- Pots, skillet, utensils, camp stove
- Paper plates/plastic utensils
- Lumber
- Duck tape
- Tarps
- Sand bags