

Emergency Kit Checklist

1. Water & Hydration

- At least 1 gallon of water per person per day (minimum 3 days' supply)
- Water storage containers (e.g., big blue 5-gallon containers)

2. Food Supplies

- Non-perishable canned goods (vegetables, fruits, meats, soups)
- Dried foods (rice, pasta, beans)
- Ready-to-eat meals or energy bars
- Manual can opener
- Disposable plates, cups, and utensils

3. First Aid & Medical Supplies

- Complete first aid kit (bandages, antiseptics, gauze, adhesive tape, etc.)
- Prescription medications (enough for at least 3 days)
- Over-the-counter medications (pain relievers, anti-diarrhea, etc.)
- Extra supply of essential medical items (glasses, contact lenses, etc.)

4. Emergency Tools & Equipment

- Flashlight(s) (battery-powered or solar)
- Extra batteries
- Battery-powered or hand crank radio
- Multi-tool or basic tool kit (including a wrench to turn off utilities)
- Fire extinguisher (small, appropriate for home use)
- Portable power bank/solar charger
- Duct tape
- Heavy-duty garbage bags

5. Personal Items & Documentation

- Copies of important documents (IDs, insurance policies, emergency contacts)

- Cash in small denominations
- Personal hygiene items (toilet paper, maxi pads, sanitary products, toothbrushes, etc.)
- Extra change of clothing per person
- Blankets or sleeping bags

6. Cooking & Food Preparation

- Portable camping stove or gas stove with extra propane tanks (if applicable)
- Tea light candles and matches/lighters (use with caution around children)
- Paper towels

7. Communication & Miscellaneous

- Fully charged cell phone and charger (plus portable battery backup)
- Emergency contact sheet with important phone numbers
- Whistle
- Local paper maps
- Small games or a deck of cards for entertainment

8. Special Items (if applicable)

- Supplies for infants (formula, diapers, baby wipes)
- Pet food and supplies
- Copies of medical records