



Emergency Checklist

Here is a detailed list of the items you'll need. Print a copy to help you organize your supplies.

FOOD ITEMS

- ☐ Bottled drinking water
- ☐ Bread
- ☐ Crackers
- ☐ Cookies, snacks
- ☐ Canned fruit
- ☐ Canned meat, fish
- ☐ Apples, bananas
- ☐ Dried fruit
- ☐ Canned/boxed beverages
- ☐ Fruit drinks
- ☐ Peanut butter

FIRST AID KIT

(Keep contents in a waterproof metal or plastic box)

- ☐ Prescription medicines (four-week supply)
- ☐ Bandages and Band-Aids
- ☐ Antiseptic
- ☐ Adhesive tape rolls
- ☐ Aspirin
- ☐ Insect repellent
- ☐ First aid handbook
- ☐ Scissors
- ☐ Antibacterial soap
- ☐ Safety pins
- ☐ Thermometer
- ☐ Needle (for splinters)

ITEMS FOR INFANTS

- ☐ Small toys – include favorite stuffed animals
- ☐ Clothes
- ☐ Diapers and baby wipes
- ☐ Milk or formula
- ☐ Powders, creams or ointments
- ☐ Bottles and nipples
- ☐ Baby food
- ☐ Sheets, blankets, rubber pads
- ☐ Portable crib
- ☐ Plastic bags
- ☐ Pacifiers

NON-FOOD ITEMS

- ☐ Ice
- ☐ Coolers
- ☐ Plastic forks and cups
- ☐ Napkins
- ☐ Can opener (non-electric)
- ☐ Batteries for flashlights and radio
- ☐ Plastic trash bags
- ☐ Charcoal
- ☐ Water purifying tablets
- ☐ Flashlights
- ☐ Candles and matches
- ☐ Clothing and bedding
- ☐ Extra socks and underwear
- ☐ Pillows
- ☐ Sleeping bag and blankets
- ☐ Washcloth and towel for each person
- ☐ Soap, toothbrushes, toothpaste
- ☐ Deodorant
- ☐ Shaving kit
- ☐ Contact lens solution
- ☐ Hair care items and mirror
- ☐ Dentures
- ☐ Sanitary napkins and tampons
- ☐ Paper towels, toilet paper
- ☐ Hearing aid batteries
- ☐ Watch or clock
- ☐ Portable radio with fresh batteries
- ☐ Chlorine tablets
- ☐ Spare pair of eyeglasses
- ☐ Cash
- ☐ Prescription medicines
- ☐ Important papers (drivers licenses, insurance policies, social security cards)
- ☐ Toolbox with hammer, nails, screws, screwdrivers and wrenches (to use after the storm to make your home livable again)
- ☐ Cell phone (take an extra battery or a means to power or charge it)
- ☐ A list of people to contact for emergencies