

## EMERGENCY KIT CHECKLIST

Your emergency kit should contain certain basic groups of things, *plus* special needs items. Remember you may not be able to rely on electricity in an emergency. Keep the items that you would most likely need during an evacuation in an easy-to carry container. **Planning ahead can be life saving!**  
**Be prepared to function for 72-96 hours!**



### BASICS FOR STOCKING YOUR HOME EMERGENCY KITS

1. clothing and bedding
2. water, food,
3. first aid
4. tools, emergency supplies, and special items.

<p><b>1. Clothing and Bedding</b> Pack</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A minimum of one complete change of clothing and sturdy footwear per person.</li> <li><input type="checkbox"/> A blanket &amp; pillow for each person (or sleeping bag)</li> <li><input type="checkbox"/> Miscellaneous clothing such as coats, sweaters, hats, gloves, rain gear, depending on seasons.</li> <li><input type="checkbox"/> Sunglasses</li> </ul> <p><b>2. Food and Water</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Store at least a three-day supply of ready to eat, non-perishable food.</li> <li><input type="checkbox"/> Select foods that require no refrigeration, preparation or cooking, and little or no water.</li> <li><input type="checkbox"/> Select food items that are compact and lightweight. Here are some examples: <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned juices, soups, vegetables, fruits, meats, milk (snack size are good)</li> <li><input type="checkbox"/> Comfort foods (try to keep them low salt like hard candy, cookies)</li> <li><input type="checkbox"/> Crackers</li> <li><input type="checkbox"/> High energy foods such as granola, trail mix, peanut butter</li> <li><input type="checkbox"/> Instant coffee and tea</li> <li><input type="checkbox"/> Jelly</li> <li><input type="checkbox"/> Pre packaged foil lined beverages</li> <li><input type="checkbox"/> Sodas, Gator Aid</li> <li><input type="checkbox"/> Staples (salt, sugar, pepper, spices, etc.)</li> <li><input type="checkbox"/> Tuna in a bag</li> <li><input type="checkbox"/> Vitamins</li> <li><input type="checkbox"/> Whole grain cereals</li> </ul> </li> <li><input type="checkbox"/> Water: at least <b>one gallon of water per day, per person for at least 4 days</b></li> </ul>	<p><b>3. First Aid Kit</b> - Assemble a first aid kit with an instruction sheet, for your home and one for each car.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Adhesive tape, 2" width</li> <li><input type="checkbox"/> Anti-bacterial ointment (prevent infection)</li> <li><input type="checkbox"/> Antiseptic wipes</li> <li><input type="checkbox"/> Bug spray (Wasp/hornet spray, insect repellent)</li> <li><input type="checkbox"/> Cold pack</li> <li><input type="checkbox"/> Disposable dust mask</li> <li><input type="checkbox"/> Eye wash solution (in case of flying debris, dust, dirt)</li> <li><input type="checkbox"/> Germicidal hand wipes or waterless alcohol-based hand sanitizer</li> <li><input type="checkbox"/> Non-latex gloves ( 2) pair large medical grade )</li> <li><input type="checkbox"/> Roll of adhesive bandage</li> <li><input type="checkbox"/> Rubbing alcohol</li> <li><input type="checkbox"/> Safety pins</li> <li><input type="checkbox"/> Sun screen</li> <li><input type="checkbox"/> Various sizes of adhesive bandages and gauze pads, sterile dressing</li> </ul> <p><b>First aid kit tools</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> CPR breathing barrier, such as a face shield</li> <li><input type="checkbox"/> Scissors (small, personal)</li> <li><input type="checkbox"/> Thermometer (useful in case of biological threat or emergency)</li> <li><input type="checkbox"/> Tweezers</li> </ul> <p><b>Non-Prescription Drugs</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aspirin or non-aspirin pain relievers</li> <li><input type="checkbox"/> Anti-diarrhea medication</li> <li><input type="checkbox"/> Antacid (for stomach upset)</li> <li><input type="checkbox"/> Laxative</li> </ul>
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#### 4. Tools, Emergency Supplies and Special Items

##### Tools

- Battery operated fan
- Coolers: one for ice, one for food
- Duct tape roll
- Fire extinguisher
- Flashlights (waterproof, if possible)
- Hammer
- Manual can opener with bottle opener ( in case electricity is out)
- Map of area
- Matches (place in zip lock bag)
- Nails
- Plasting tarps
- Screwdriver
- Tarp (cover broken windows, protection)
- Utility knife
- Water purification kit (or get eye dropper and bleach)
- Whistle on a rope (to signal for help)
- Work gloves
- Wrench or pliers (to turn off utilities)

##### Sanitation and Hygiene Needs

- Deodorant
- Disinfectant
- Garbage can with bucket and tight fitting lid (for emergency toilet) \*\*\*\*
- Household liquid bleach
- Lip balm
- Paper towels
- Plastic garbage bags (can be used for personal hygiene if necessary)
- Shampoo, comb and brush
- Soap. Liquid detergent
- Toilet paper
- Toothbrush and paste
- Towelettes
- TIP: Buy a large garbage can on wheels, use to put all of your emergency supplies in it. Make sure it will fit in your car or closet.**

##### Communication

- A small tablet of writing paper
- Batteries (radio, flashlight, TV, weather radio, etc.)
- Cell phone (extra charged battery)
- Emergency kit checklist
- Large magic marker (if you have to write on your house, garage door, mailbox)
- Medication check list (completed)
- Radio (weather & commercial)
- Your written instructions in event of injury or death

##### Important Documents - Keep these records in a large waterproof envelope

- All insurance policy numbers, contact names, and phone numbers
- Bank account numbers and some cash
- Driver license, passport, social security #
- Family records in waterproof container
- Medical information including prescription information, medical conditions, doctors names and numbers
- Will and written instructions

##### **TIP: Use SAFE AGING FORMS**

##### Special Items such as

- Assistive devices: such as walkers, canes, wheel chairs
- Any special item that you require to do your daily routines
- Dentures and denture needs
- Extra pair of eyeglasses or contact lenses and cleaning supplies
- Hearing aids and batteries

##### Entertainment (Example)

- Battery operated TV
- Games, magazines and books
- Playing cards