



# Emergency Kit Checklist

## 1. Top Priorities

- Water (at least 1 gallon per person per day for 3 days)
- Food (non-perishable, 3-day supply: energy bars, canned goods, dried fruits, jerky)
- Manual can opener
- First Aid Kit (with bandages, antiseptics, pain relievers, tweezers, etc.)
- Flashlight (with extra batteries or a hand-crank flashlight)
- Battery-powered or hand-crank weather radio
- Phone charger + power bank (solar-powered is even better)
- Personal documents (ID, insurance, bank info, birth certificates—copies in a waterproof pouch)
- Cash (small bills; ATMs may not work)
- Multi-tool or Swiss Army knife
- Whistle (to signal for help)

## 2. Clothing & Personal Items

- 1-2 changes of clothes (weather-appropriate)
- Sturdy shoes or boots
- Rain poncho or jacket
- Blanket or sleeping bag
- Toiletries (toothbrush/paste, soap, deodorant, feminine hygiene products, wipes, hand sanitizer)
- Face masks and gloves
- Trash bags (for sanitation or rain protection)

### 3. Family-Specific Items

- Infant supplies (diapers, formula, baby food, wipes)
- Comfort items (small toys, books, stuffed animals)
- Pet supplies (leash, food, water bowl, pet meds, carrier)

### 4. Health & Safety

- Prescription medications (3- to 7-day supply)
- Over-the-counter meds (allergy meds, antacids, etc.)
- Eyeglasses or extra contact lenses + solution
- Insect repellent & sunscreen

### 5. Additional Handy Items

- Duct tape
- Zip ties
- Notebook & pen
- Local maps
- Copies of emergency contacts
- Glow sticks
- Plastic sheeting or tarp (for shelter or waterproofing)
- Small fire starter kit (matches/lighter in waterproof case)

**TIP: Store everything in a durable backpack or waterproof tote. Keep it somewhere easy to grab—by the door, in your car, or garage. Check it every 6 months to update food, water, and medications.**