

# EMERGENCY SUPPLY CHECKLIST

Adapted from the Centers for Disease Control website:  
<https://www.cdc.gov/phpr/areyouprepared/kit.htm>

***Are you prepared for the next extreme weather event?*** As hurricanes, flooding, heat waves, snowstorms and more become more frequent and more severe, our twenty-first century homes, families, and communities **must be ready**. One step we can take is assembling the following items in a secure and accessible place.

## BASIC NEEDS

### At Least a 3-day Supply of Food and Water

- Water – one gallon per person, per day
- Food – foods that are easy to make and won't spoil, like canned soup, dry pasta, and powdered milk
- Manual can opener
- Basic utensils to prepare and serve meals

### Safety Supplies

- First aid kit
- Emergency blanket
- Multipurpose tool (that can act as a knife, file, pliers, and screwdriver)
- Whistle

### Documents

- Copies of important documents such as insurance cards and immunization records
- Paperwork about any serious or ongoing medical condition
- Your completed family emergency plan, complete with family and emergency contact information

### Health Supplies

- 3-day supply of all medicines, at a minimum
- Medical supplies like syringes, a walking cane, or hearing aids with extra batteries

### Personal Care Items

- Soap
- Toothbrush and toothpaste
- Baby wipes
- Contact lenses or glasses

### Electronics

- Flashlight
- Radio (battery-powered, solar, or hand-crank) for updates on the situation
- Cell phone with chargers
- Extra batteries

### You should also include:

- Extra cash
- Maps of the area
- Extra set of car keys and house keys

## TAKE CARE OF OTHERS

Every family is unique. You may have emergency needs not included in this list. Also, remember to update your kit according to changing needs of your family.

### For Children

- Baby supplies - bottles, formula, baby food, and diapers
- Games and activities for children

### For Pets

- Food and water - same 3-day standard as for humans
- Cleaning supplies
- Health and safety - medicines and medical records
- Transport supplies
- Comfort Items
- Paperwork to help others identify them in case you become separated

## QUICK TIPS

- **Keep it fresh.** It's extremely important that all items in your kit are functional at the time of an emergency.
  - Check the expiration dates on food, water, medicine, and batteries at least two times per year.
  - Replace any food or supplies that may have expired.
- **Be sure it's ready to use.** In a disaster situation, you may need to get your emergency supply kit quickly, whether you are sheltering at home or evacuating.
  - Once you have gathered your supplies, pack the items in easy-to-carry containers.
  - Clearly label the containers and store them where you can reach them easily.
  - Remember that certain items, like medications and paper documents, need to be kept in waterproof containers.
- **Involve children.** Families can make emergencies less stressful by preparing in advance and working together as a team.
  - Ask your kids to think of items that they would like to include in an emergency supply kit, such as books, games, and pre-packaged foods.
  - Your kids can mark the dates on a calendar for checking emergency supplies. Tell them to remind you when it's time to check the supplies.
  - Include kids in planning and creating disaster kits for family pets.
- **Know your house.** Find out where your gas, electric, and water shut-off locations are, and how to turn them off.
- **Prepare for everywhere.** Emergencies can happen anywhere. Remember to prepare supplies for home, work, and vehicles.