



Emergency Supplies Kit Checklist

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An emergency supplies kit contains all the things your family needs to be self-sufficient for at least 72 hours after a disaster.

Build a kit that includes food and water, and accounts for the unique needs of children, pets, and elderly and sick family members.

Recommended kit items include:

nonperishable food (e.g., formula and pet food)

potable water (one gallon per person, per day)

prescription medications and **eyeglasses**

flashlight(s) with **extra batteries**

first aid kit

battery-powered or **hand-crank radio**

personal hygiene items

(e.g., hand sanitizer and travel-size toiletries)

important paperwork

(e.g., passports and insurance policies)

cash (e.g., small bills and loose change)

manual can opener

cell phone and **charger**

wrench or **pliers** to turn off utilities

plastic sheeting and **duct tape**

copy of your Family Communication Plan



Make a date to check your emergency kit(s) every six (6) months. Refresh your water supply, and remove, use and replace items close to their expiration date.

I created my kit (ex: 1/1/2016): _____

I will check my kit: _____