Emergency Checklists

Cash
A supply of cash in small denominations ($1, $5, $10, $20’s) ATM’s and credit card readers will not function without electricity

Water
Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).*

Food
Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

First Aid Kit
Assemble a first aid kit for your home and one for each car.

- (20) adhesive bandages, various sizes.
- (1) 5” x 9” sterile dressing.
- (1) conforming roller gauze bandage.
- (2) triangular bandages.
- (2) 3 x 3 sterile gauze pads.
- (2) 4 x 4 sterile gauze pads.
- (1) roll 3” cohesive bandage.
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) antiseptic wipes.
- (2) pair large medical grade non-latex gloves.
- Adhesive tape, 2” width.
- Anti-bacterial ointment.
- Cold pack.
• Scissors (small, personal).
• Tweezers.
• CPR breathing barrier, such as a face shield.
• Non-Prescription Drugs
• Aspirin or non-aspirin pain reliever
• Anti-diarrhea medication
• Antacid (for stomach upset)
• Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
• Laxative
• Activated charcoal (use if advised by the Poison Control Center)

Tools and Supplies

• Mess kits, or paper cups, plates, and plastic utensils
• Emergency preparedness manual
• Battery-operated radio and extra batteries
• Flashlight and extra batteries
• Cash or traveler's checks, change
• Non-electric can opener, utility knife
• Fire extinguisher: small canister ABC type
• Tube tent
• Pliers
• Tape
• Compass
• Maps
• Matches in a waterproof container
• Aluminum foil
• Plastic storage containers
• Signal flare
• Paper, pencil
• Needles, thread
• Medicine dropper
• Shut-off wrench, to turn off household gas and water
• Whistle
• Plastic sheeting
• Map of the area (for locating shelters)

Sanitation

• Toilet paper, towelettes
• Soap, liquid detergent
• Feminine supplies
• Personal hygiene items
• Plastic garbage bags, ties (for personal sanitation uses)
• Plastic bucket with tight lid
• Disinfectant
- Household chlorine bleach
- Clothing and Bedding

**Personal Protection**

- Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots*
- Rain gear*
- Blankets or sleeping bags*
- Hat and gloves
- Thermal underwear
- Sunglasses
- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Contact lenses and supplies
- Extra eye glasses