

Emergency Kit Checklist

Being prepared will assist you during a very stressful situation. Plan accordingly and do not be caught off guard!

Basic Items

- Water - 1 gallon per person per day for 3 to 7 days (water filter system may also be helpful)
- Food – non-perishable and canned food supply for 3 to 7 days
- Battery-powered or hand crank radio: National Oceanic and Atmospheric Administration (NOAA) Weather Radio with extra batteries (rechargeable flashlights may not have power to recharge, look to solar or hand crank)
- Cell phone with charger (solar charger or hand crank charger is preferred)
- First aid kit and first aid book
- Flashlight and extra batteries
- Manual can opener for food
- Anti-bacterial hand wipes or gel
- Wrench or pliers to turn off water
- Blanket or sleeping bag – min 1 per person
- Prescription medications and glasses
- Seasonal change of clothing, including sturdy shoes
- Sanitary items: toothbrush, toothpaste, soap, feminine supplies, toilet paper, paper towels
- Extra house and car keys
- Important documents – insurance policies, copy of driver’s license, Social Security card, bank account records, birth certificate, marriage license, and shot records
- Fire extinguisher
- Cash and change
- Books, games or cards
- Emergency contact list (have your child memorize your cell number(s))

Emergency Contact Name:

Emergency Contact Number:

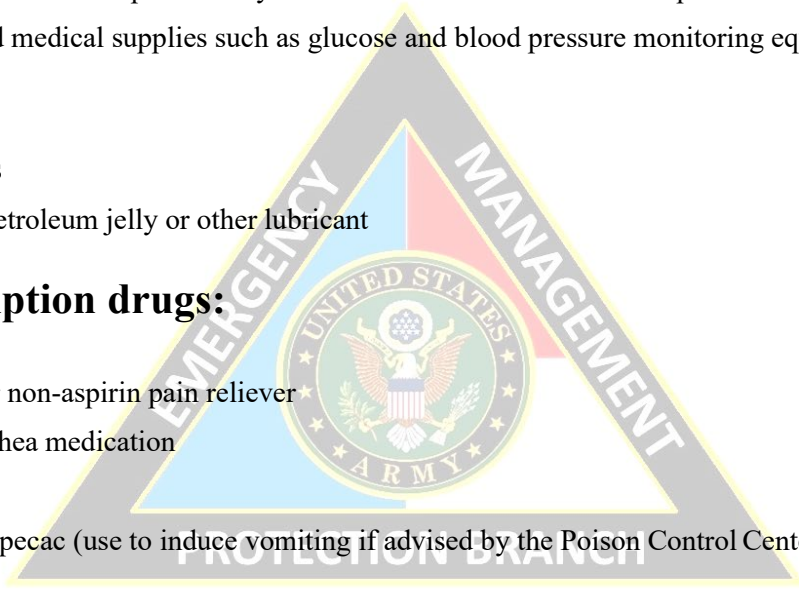
Emergency Contact Address:

First Aid: It is important to know basic first aid skills to assist anyone who may be injured during an emergency. Remember, during a hurricane, emergency services may not be accessible for several hours.

- Two pairs of latex or other germ-free gloves (if you are allergic to latex)
- Germ-free bandages to stop bleeding
- Cleansing agent/soap and antibiotic towels
- Antibiotic cream
- Burn cream
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative



Unique Needs: there may be those with special needs that are required during the emergency. Ensure you plan to be sheltered in place or evacuated for 3 to 7 days.

For Baby/Infant:

- Formula
- Diapers
- Baby wipes
- Pacifier
- Soap/Baby powder
- Clothing
- Blankets
- Canned food and juices
- TOYS, BOOKS and GAMES (board games, electricity may not be available)

For Adults/Elderly:

- Contact lenses and supplies
- Extra eyeglasses
- Dentures
- For people with Functional Needs:
 - Container for hearing aid/cochlear implant processor (to keep dry)
 - Extra batteries for hearing aid/cochlear implant
 - Adult diapers/Incontinence Products

Pets:

- Canned or dry pet food
- Water for 3 to 7 days
- Food dishes
- Muzzle (proper fitting), Pet carrier, collar, and leash
- Immunization records
- Identification tag (should contain pet name and phone number)
- Current photos of your pets in case they become lost
- Medicine your pet requires
- Pet beds and toys
- List of veterinarians, friends or hotels that accept pets

