



Checklist of Emergency Supplies

FEMA and RedCross recommend that individuals create a personal or family emergency supply kit. Kits may include the following.

- Two-week supply of medicines and prescriptions or over the counter medicine
- Work boots and gloves
- Water: one gallon per person per day; enough for 3-5 days
- *Non-perishable food for 3-5 days
- Large coolers and ice
- Battery-powered or hand crank radio plus NOAA weather radio with tone alert
- Flashlights, lanterns, clock, and extra batteries
- First aid kit for adults and children
- First aid manual or instruction sheet
- Toiletries, mouthwash, toothpaste, denture supplies
- Toilet paper, wipes, personal hygiene items
- Disinfecting supplies (bleach, buckets, medicine dropper)
- Whistle to signal for help
- Dust masks, trash bags, work gloves, tarps, plastic sheeting, duct tape
- Basic tool kit
- Access to fire extinguisher
- Manual can opener
- Ice chest and ice
- Disposable plates, cups, and utensils
- Disposable washcloths and paper towels
- Trash bags
- Cell phone with charger and extra batteries
- Eyeglasses and sunglasses
- Cash and change
- Sleeping bag, pillow, or blanket for each person
- Matches, lighter, and fire extinguisher
- Notebook, paper, and pencil
- Books, games, puzzles, playing cards, and activities
- Disposable cameras (to document damage)
- Fuel and electrical cords for generator
- Water storage containers

- Non-Perishable Food suggestions
 - Bottled water (1 gallon per person per day)
 - Powdered or individually packaged drinks
 - Crackers, cereals, cookies, snacks
 - Canned meats, fruits, vegetables, soups, puddings
 - Special dietary foods
 - Peanut butter and jelly, bread
 - Powdered or shelf-stable milk
 - Dried fruit
 - Instant coffee and tea
 - Sugar, powdered creamer, salt and pepper