

# Emergency Preparedness Kit Checklist

Water, food, and clean air are important things to have in the event of an emergency. Each emergency preparedness kit should be customized to meet your specific needs, such as medications and infant formula. It should also be customized to include important documents for you and your family.

## Basic Kit - Recommended Supplies:

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Dust mask or cotton t-shirt to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

## Clothing and Bedding:

Living in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:

- Jacket or coat
- Long pants
- Long sleeve shirt
- Sturdy shoes
- Hat and gloves
- Sleeping bag or warm blanket for each person

## Additional Items:

Listed below are other items for your family to consider adding to your kit. Some of these items can be dangerous, so please handle carefully. Other emergency reference materials can be found at [www.ready.gov](http://www.ready.gov).

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Light Stick</li> <li><input type="checkbox"/> Emergency Candle</li> <li><input type="checkbox"/> Multi Tool</li> <li><input type="checkbox"/> Rain gear</li> <li><input type="checkbox"/> Mess kits, paper cups, plates, and plastic utensils</li> <li><input type="checkbox"/> Cash or traveler's checks and change</li> <li><input type="checkbox"/> Paper towels</li> <li><input type="checkbox"/> Fire Extinguisher</li> <li><input type="checkbox"/> Tent</li> <li><input type="checkbox"/> Compass</li> <li><input type="checkbox"/> Matches in a waterproof container*</li> <li><input type="checkbox"/> Signal Flare*</li> <li><input type="checkbox"/> Paper, pencil</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Pet supplies and documents</li> <li><input type="checkbox"/> Personal hygiene items including feminine supplies</li> <li><input type="checkbox"/> Disinfectant*</li> <li><input type="checkbox"/> Household chlorine bleach* - You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe, or bleaches with added cleaners.</li> <li><input type="checkbox"/> Medicine dropper</li> <li><input type="checkbox"/> Important Family Documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container</li> </ul> |
|--|--|

\* Can be dangerous