



Emergency Supplies Checklist

Have enough supplies to last a week, and refresh them at least once a year.

Food, Water & Medications

- Food**
Choose food that is non-perishable and easily prepared without power.
- Medications**
Have at least a one-week supply of necessary medications on hand.
- Drinking Water**
1 gallon per day, per person. Don't forget pets.

Emergency Equipment

- Flashlights & LED Lanterns**
Do not use candles. Have two extra sets of batteries for each.
- Mobile Phone & Charger**
Use a solar charger or battery backup to keep your cell charged for phone calls and to receive emergency notifications.
- Radio**
Have a battery powered or hand-crank weather radio. If battery powered, have two extra sets of batteries.

Health and Wellness Items

- First Aid Kit**
Including wound treatments, cold medications, gloves, pain relievers, hot and cold packs.
- Toiletries**
Soap, tooth brushes and toothpaste, toilet paper, wet wipes, etc.
- Cash & Credit Cards**
If possible, keep at least \$100 in cash available in your emergency kit.
- Important Documents**
Copies of your Identification Cards, medical records, pet vaccination records, family photos, and other important documents.
- Blankets & Clothing**
Keep blankets, warm clothing, hats, gloves and sturdy shoes easily available.
- Activities**
Toys for children, books & magazines, games and cards.
- Eyeglasses**
Have an extra set of prescription and/or reading glasses if needed.
- Useful Items**
Trash bags, paper towels, a small tool kit or multi-purpose tool, tarps, and buckets may all be handy.