



Emergency Supply Checklist

Build your kit all at once or step-by-step. Start with what you already have at home; then shop for the rest, as needed.

Pack the basic supplies for each person or pet in a portable container or backpack. A waterproof container is best. You'll need these supplies whether you stay in your home (shelter in place) or evacuate to another location.

Food and Water

- ☐ 3-day supply of non-perishable food, such as canned or pouched food
- ☐ 1 gallon of water per day for each person and pet
- ☐ Manual can opener
- ☐ Baby items (baby food, formula, bottles, diapers)
- ☐ Pet supplies ([more details below](#))

First Aid, Medication, Hygiene Supplies

- ☐ First-aid kit ([more details below](#))
- ☐ Medications
- ☐ Hand sanitizer, wipes
- ☐ Bleach – To purify water, mix 1/8 teaspoon per gallon. Stir and let stand for 30 minutes.
- ☐ Toilet paper, paper towels, garbage bags
- ☐ Dental care products (toothpaste, toothbrushes)
- ☐ Hearing and vision products (hearing aids, glasses, contact lenses, contact lens solution)
- ☐ Soaps, personal hygiene supplies, diapers
- ☐ Sunscreen, insect repellent
- ☐ Face masks to filter air
- ☐ Tourniquet



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Communication, Lighting, Document Bag Items

- ☐ Battery-powered radio with extra batteries or crank radio (emergency alert radio is best)
- ☐ Extra cell phone battery and car charger
- ☐ Flashlights and extra batteries
- ☐ Matches and lighter – keep in a waterproof container or sealable plastic bag
- ☐ Whistle
- ☐ Reading glasses and sunglasses
- ☐ Document bag items ([more details below](#))

Add These Items for Evacuating by Car

You may have to leave in a hurry to get to a safe place. Keep these supplies near your car. When it's time, grab them and go.

- ☐ Road maps
- ☐ Car repair items (tools, spare tire, tire patch kit, oil)
- ☐ Food and water
- ☐ Plastic plates, cups, utensils
- ☐ Tent, blankets, pillows
- ☐ Clothes and sturdy shoes
- ☐ Rain gear and towels
- ☐ Books, games, toys

Before you leave home:

- ☐ Fill your gas tank, and check your spare tire
- ☐ Take cash, checkbook, and credit cards
- ☐ Call your family emergency contact
- ☐ Charge your mobile phone
- ☐ Get a map of your route



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Add These Items for Sheltering in Place

When staying home is your safest choice, add these items to your kit and stay tuned to the news.

- ☐ Smoke detectors with extra batteries
- ☐ Carbon monoxide detector (if using generators, charcoal grills, or camp stoves)
- ☐ Fire extinguisher
- ☐ Plastic sheeting and duct tape (to seal doors, windows, and air vents from contaminated air or to build an emergency shelter)

First-Aid Kit

Suggested items for inclusion:

- ☐ 2 compress dressings (5 x 9 inches)
- ☐ 25 band-aids (different sizes)
- ☐ First-aid tape
- ☐ Antibiotic ointment
- ☐ Hydrocortisone ointment
- ☐ Pain reliever such as aspirin, ibuprofen or acetaminophen
- ☐ Instant cold pack
- ☐ 2 pairs of medical gloves (non-latex)
- ☐ Oral thermometer, scissors, tweezers
- ☐ 2 roller bandages (different widths)
- ☐ 2 elastic bandages
- ☐ 10 sterile gauze pads (different sizes)
- ☐ 2 triangular bandages (for making slings)
- ☐ First-aid instruction booklet



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Emergency Documents

Imagine how hard it would be after a disaster if you couldn't prove your identity or if you didn't have access to your bank account. Avoid difficult situations by making copies of your important documents and keeping them in a waterproof bag. Include the following items:

- ☐ Current photo IDs, driver licenses, birth records, Social Security cards, passports (always keep your social security number separate from other documents to decrease the risk of identity theft)
- ☐ Current photos of family members, in case you get separated
- ☐ Health insurance and prescription cards
- ☐ Medical records, medications, and dosages
- ☐ Phone numbers (family, friends, doctors)
- ☐ Bank account information
- ☐ Wills
- ☐ Insurance documents (homeowner, renter, flood, life)
- ☐ Property deeds, leases, mortgages
- ☐ Vehicle titles, insurance, leases, loan documents
- ☐ Inventory of household possessions and their value (take photos of every room, every drawer, every closet)
- ☐ Backup computer files on a USB drive
- ☐ Copies of important keys
- ☐ Utility bills (to prove where you live)



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People with Disabilities and Those with Access and Functional Needs

Think about your day to day needs for independence. Plan now for your health away from home. Label medical equipment with your contact information.

- ☐ Wheelchairs, walkers, and canes
- ☐ Cooler with cold packs for medications
- ☐ Extra medications and dosages
- ☐ Copies of prescriptions and medical alert tags
- ☐ Food for special diets
- ☐ Medical supplies (oxygen, glucose monitoring strips, syringes, etc.)
- ☐ Hearing aids with extra batteries
- ☐ Communication devices
- ☐ Supplies and documentation for service animals

Pet Supplies

- ☐ 3-day supply of pet food, water, and bowls
- ☐ Pet medications and first-aid kit
- ☐ Vaccination records
- ☐ Crate or carrier (may be required in shelters or where you spend the night)
- ☐ Leash and toys
- ☐ Cat litter and box
- ☐ Photo, in case pet gets lost