

Emergency Supply Kit Check List

Federal Emergency Management Agency (FEMA) recommends these items:

- Water: one gallon per person per day for at least three days, for drinking and sanitation
- Food (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Manual can opener (for food)
- Local maps
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Items for pets: collar, leash, picture for identification, or rabies vaccination certificate
- Sleeping bag or warm blanket for each person
- A complete change of clothing appropriate for your climate
- Sturdy shoes and possibly waterproof boots
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, bowls, paper towels and plastic utensils
- Paper, pen and pencil
- Books, games, puzzles or other activities for children
- Cell phone with chargers and a backup battery

The Center for Disease Control (CDC) recommends these items:

- Multiple masks for everyone ages 2 and above, soap, hand sanitizer, disinfecting wipes

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