

SURVIVAL INSTINCT

Emergency Preparedness Kit Checklist

It's hard to think clearly during an emergency so the last thing you want to do is leave something important behind. Use this checklist to gather essential items and prepare today for what might happen tomorrow.

IN CASE OF EMERGENCY, HAVE THESE ITEMS READY

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| <input type="checkbox"/> Food and water
3-day supply of water and food. Include 1 gallon of water per person per day and non-perishable food items like energy bars, cereal, dried fruit, nuts, peanut butter, and canned meats. | <input type="checkbox"/> First aid kit
Sterile gloves and dressings, bandages, soap, antibacterial towels, hand sanitizer, burn ointment, antibiotic ointment, eye wash, and thermometer. |
| <input type="checkbox"/> Utensils
Eating utensils, plates, cups, bowls, can opener, and paper towels. | <input type="checkbox"/> Medications
3 days' worth of prescription medications, pain relievers, cold and sinus relief, anti-diarrhea medicine, antacids, and laxatives. |
| <input type="checkbox"/> Clothing
Change of clothes for each person, rain gear, extra shoes, and waterproof boots. | <input type="checkbox"/> Devices
Cell phone, charging cord, portable charger or battery pack, hand-cranked radio, LED flashlight with extra batteries, and headlamp. |
| <input type="checkbox"/> Day-to-day living needs
Garbage bags, toilet paper, matches in waterproof container, multipurpose tool, dust masks, duct tape, plastic sheeting, mylar blankets, whistle, local maps, and bleach. | <input type="checkbox"/> Important papers
Copies of birth certificate, driver's license, insurance card, medication list, medical records, proof of address, passports, will, bank records, marriage license, adoption papers, and emergency contact list. |
| <input type="checkbox"/> Personal items
Toiletries, extra pair of glasses/contact lenses, feminine supplies, tweezers, and nail clippers. | <input type="checkbox"/> Cash
Small denominations and change. |

ADDITIONAL ITEMS

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| <input type="checkbox"/> For babies
Diapers, baby wipes, baby powder, diaper rash cream, baby wash and lotion, formula, baby food, bottles, bib, burp rags, pacifiers, teething tablets or gel, and blanket. | <input type="checkbox"/> For seniors
Medications, hearing aid and batteries, extra eyeglasses, syringes, portable oxygen, mobility supplies, and contact information for doctors and caregivers. |
| <input type="checkbox"/> For children
Books, toys, puzzles, crayons, and comfort items. | |