



Let's Pack an Emergency Kit

When things we don't expect happen, such as a natural disaster or health emergency, we need to be ready. To prepare, **create a family emergency kit**. Use this checklist to think about what you will need and, as you add items to your kit, check them off the list.

Recommended Items:

- ☐  2 COPIES OF YOUR FAMILY EMERGENCY PLAN
- ☐  \$20 MINIMUM CASH AND COINS
- ☐  EXTRA COPIES OF FAMILY HEALTH RECORDS, LIST OF PRESCRIPTIONS WITH DOSAGES, AND INSURANCE PAPERS
- ☐  FIRST-AID KIT AND PRESCRIPTION MEDICATIONS
- ☐  3-DAY SUPPLY OF WATER (1 GALLON OF WATER PER PERSON PER DAY)
- ☐  3-DAY SUPPLY OF CANNED AND DRY FOOD, AND A MANUAL CAN OPENER
- ☐  BATTERY-POWERED OR HAND-CRANKED RADIO
- ☐  MOBILE PHONE AND CHARGERS FOR CAR AND HOME
- ☐  FLASHLIGHT AND EXTRA BATTERIES
- ☐  ITEMS FOR THE ELDERLY OR SPECIAL-NEEDS FAMILY MEMBERS
- ☐  PET SUPPLIES
- ☐  SPARE SET OF CAR AND HOUSE KEYS
- ☐  SOAP OR HAND SANITIZER

- ☐  PLASTIC TRASH BAGS
- ☐  MOIST TOWELETTES AND OTHER HYGIENE SUPPLIES
- ☐  CHANGE OF CLOTHING, RAIN GEAR, AND STURDY SHOES FOR EACH FAMILY MEMBER
- ☐  BLANKETS OR SLEEPING BAGS
- ☐  PAPER CUPS AND PLATES, AND PLASTIC UTENSILS

Important Items for Children:

- ☐  1 COMFORT ITEM PER CHILD (A TEDDY BEAR OR OTHER TOY)
Ask what your child would like to include, such as a doll that's not often used.
- ☐  ITEMS FOR CHILDREN (PAPER, CRAYONS, BOOKS, AND TRAVEL-SIZE GAMES)
- ☐  SMALL TOYS, NONPERISHABLE SNACKS, AND DIAPERS FOR INFANTS OR TODDLERS

