



EMERGENCIES CAN HAPPEN AT ANY TIME

Taking a few simple steps now, like building an emergency kit and making a plan, can help you stay prepared.

CHECKLIST

Use this checklist to help gather essential supplies for your emergency preparedness kit.

- Water**
 - Bottled water (1 gallon per person per day)
 - Extra water for pets
- Food**
 - Nonperishable food (canned goods, protein bars, dried foods)
 - Manual can opener
 - Cooler or ice chest
 - Ice packs
- Health and First Aid**
 - First aid kit
 - Prescription medications (check expiration dates regularly)
 - Medical supplies (glasses, hearing aid batteries, etc.)
- Important Documents**
 - Copies of insurance cards
 - Medical information
 - Written list of important phone numbers (hospital, doctor, relatives)
- Sanitation and Hygiene**
 - Hand sanitizer
 - Moist towelettes
 - Personal hygiene items
- Lighting and Power**
 - Flashlights
 - Extra batteries
 - External rechargeable battery pack (for phones and devices)
- Communication**
 - Battery-operated or hand-crank radio
- Household Needs**
 - Supplies for infants (formula, diapers, bottles)
 - Supplies for older adults
 - Items for people with medical needs
 - Pet food and supplies
- Make a Plan**
 - Identify where emergency supplies are stored
 - Make a household emergency plan
 - Share the plan with someone outside of your household