



BEFORE THE STORM

Emergency Supplies Checklist

Food & Water

- one gallon of water per person, per day
- canned food
- high-energy food—peanut butter & jelly, crackers, trail mix, granola bars
- special dietary needs for the elderly & infants
- pet food

First Aid

- sterile adhesive bandages, in assorted sizes
- scissors
- tweezers
- anti-bacterial hand gel
- latex gloves

Medication

- aspirin & non-aspirin pain reliver
- antidiarrhea medication
- antacid
- prescription medication
- needed over-the-counter medications

Tools & Supplies

- indoor/outdoor lamp
- battery operated radio & clock
- flashlights and batteries
- plastic garbage bags
- emergency candles
- needle & thread
- paper cups, plates & plastic utensils
- manual can opener
- utility knife
- small fire extinguisher
- pliers and duct tape
- matches in waterproof container or disposable lighters
- plastic storage containers
- flare gun
- wrench (to shut-off household gas & water)
- plastic dropcloths
- local area map

Sanitary & Cleaning Supplies

- disinfectant
- plastic bucket with lid

Personal Hygiene

- toilet paper or towelettes
- soap/liquid detergent
- feminine supplies
- personal hygiene items (toothbrush, floss, deodorant)

Clothing & Bedding

- sturdy shoes or workboots
- rain gear
- blankets/sleeping bags
- one pillow per person
- sunglasses

Special Items - Baby

- formula
- diapers
- diaper Wipes
- bottles
- powdered Milk
- medications

Special Items - Adults

- heart & blood pressure medication
- insulin
- prescription drugs
- denture needs
- contact lenses & supplies
- extra eye glasses
- camera & film
- entertainment—quiet games & books
- cash/travelers cheques

Important Family Documents

(Keep these in this kit)

- will, insurance policies, contracts, deeds, stocks & bonds
- passports, social security cards
- bank account numbers
- credit card account numbers & companies
- copy of valuable household goods & important phone numbers
- family records (birth, marriage, death certificates)