

EMERGENCY KIT CHECKLIST

WATER



- ☐ As much as you can carry
- ☐ 3-5 Gallons Extra Portable Containers
- ☐ Method of Purification

FOOD



- ☐ 72 Hour supply of food—lightweight, no cooking
- ☐ Can Opener
- ☐ Candy or Comfort Food

FIRST AID



- | | |
|---|--|
| ☐ First Aid Kit & Supplies | ☐ First Aid Booklet |
| ☐ Burn Gel and Dressing | ☐ Sunscreen |
| ☐ Potassium Iodide | ☐ Insect Repellent |
| ☐ N95 Respirator Masks | |

SHELTER



- | | |
|-------------------------------|---------------------------------|
| ☐ Tent | ☐ Poncho |
| ☐ Tarp | |

FIRE/WARMTH



- | | |
|--|---|
| ☐ Hand & Body Warmers | ☐ Matches |
| ☐ Blanket or Sleeping Bag | ☐ Lightweight Stove & Fuel |

LIGHT & COMMUNICATION



- | | |
|--|----------------------------------|
| ☐ Flashlight w/ Extra Batteries | ☐ Whistle |
| ☐ Lightsticks | ☐ Radio |
| ☐ Headlamp | ☐ Candle |

ESSENTIALS

EMERGENCY

STRESS RELIEVER

- ☐ Games
- ☐ Books
- ☐ Small Toys
- ☐ Paper & Pen



SANITATION

- ☐ Toilet Paper
- ☐ Toothbrush & Toothpaste
- ☐ Hand Sanitizer
- ☐ Sanitary Napkins
- ☐ Comb/Razor
- ☐ Moist Towelettes
- ☐ Garbage Bags



STORAGE & TOOLS

- ☐ Backpack
- ☐ Hatchet or Axe
- ☐ Shovel/Trowel
- ☐ Pocket Knife/Pliers/Multitool
- ☐ Sewing Kit
- ☐ 50 Foot Paracord Rope
- ☐ Duct Tape



POWER

- ☐ Cellphone Charger—Battery or Handcrank
- ☐ Power Cords for Devices
- ☐ Batteries—Rechargeable preferred



OTHER

- ☐ Glasses
- ☐ Local Map
- ☐ Portable Toilet
- ☐ Infant Needs
- ☐ Medication



MONEY

- ☐ At least \$20 in small bills and coins



CLOTHING

- ☐ A complete change of clothes—Rotate seasonally and check for size



IMPORTANT DOCUMENTS

- ☐ Copies of important documents such as birth certificates, marriage licenses, wills, bank info, insurance forms etc.
- ☐ Phone Numbers for emergency contacts both in and out of state
- ☐ Family Photos on a flash drive or external hard drive

