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 TOWELETES 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