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

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