EMERGENCY SUPPLY CHECKLIST

☐ WATER
(1 gallon of water per person per day;
Keep at least a 3 day supply for each person)

☐ FOOD
(3 day supply, non-perishable, preferably foods that
don’t require refrigeration, preparation, cooking or
little or no water.)

☐ BASIC KITCHEN ITEMS
(Manual can opener, plastic eating utensils, paper plates,
cups, all-purpose knife, household liquid bleach to treat
drinking water, ziploc bags)

☐ TOOLS AND SUPPLIES
(Cell phone charger, paper and pencil, battery operated
radio, extra batteries, flashlight, basic tools, matches
in waterproof container, dust mask, duct tape, plastic
sheeting, fire extinguisher, whistle to signal for help.
Personal sanitation items such as toilet paper, soap,
liquid detergent, feminine supplies, plastic bucket
with tight lid, disinfectant.)

☐ CLOTHING AND BEDDING
(Include at least one complete change of clothing and
footwear per person, blankets or sleeping bags, hats
and gloves, thermal underwear, sunglasses.)

☐ FIRST AID KIT
(First aid manual, gauze pads, adhesive tape, triangular
bandages, needle, moistened towelettes, antibacterial
ointment, thermometer, lubricant, safety pins, cleaning
agent/soap, latex gloves, cotton balls, sunscreen,
2 and 3 inch sterile roller bandages, scissors, tweezers,
non-prescription drugs: pain reliever, anti-diarrhea
medication, antacid, laxative, vitamins)

☐ FACTOR, ANCILLARY SUPPLIES,
INFUSION SUPPLIES, SHARPS
CONTAINER AND OTHER
PRESCRIPTION MEDICATIONS

☐ HOUSEHOLD DOCUMENTS/
CONTACT NUMBERS
(Emergency contact list, map of area and phone
numbers of place you could go, extra set of car and
house keys. Personal identification, cash, credit card,
copies of important documents such as birth certificates,
driver’s license, social security card, passports, wills,
deeds, insurance papers, immunization records, bank
and credit card account numbers, stocks and bonds.
Be sure to store this in a watertight container.)

☐ SPECIAL ITEMS
(Personal hygiene items, baby supplies, heart and
high blood pressure medication, insulin, all
prescription drugs, contact lens supplies, extra
eye glasses, entertainment- games and books,
pet food and extra water for your pet.)

Purchase a starter kit at www.redcrossstore.org

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