



EMERGENCY SUPPLY CHECKLIST

Basic Emergency Supply Kit:

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 @ <http://www.redcrossstore.org/>