

EMERGENCY SUPPLY CHECKLIST

Planning	<ul style="list-style-type: none"> <input type="checkbox"/> Develop Home Emergency Plan <input type="checkbox"/> Use Emergency or Earthquake Handbook <input type="checkbox"/> Record personal & emergency contact numbers (i.e., family, Doctors) <input type="checkbox"/> Retain current photos of all family members <input type="checkbox"/> Conduct family drills
Seeing & Hearing	<ul style="list-style-type: none"> <input type="checkbox"/> Flashlight with batteries <input type="checkbox"/> Portable radio with batteries <input type="checkbox"/> Extra batteries & bulbs <input type="checkbox"/> Extra pair of prescription glasses
Medication & Sanitation	<ul style="list-style-type: none"> <input type="checkbox"/> First Aid Kit including a first aid handbook <input type="checkbox"/> Prescription medication for at least 7 days <input type="checkbox"/> Plastic garbage bags, chlorine bleach & shovel for personal waste <input type="checkbox"/> Personal hygiene items
Food & Water	<ul style="list-style-type: none"> <input type="checkbox"/> Non-perishable food for 3 days <i>½ - pound per person per day of: dried fruit, nonfat dry milk, canned tuna, stew, beans, canned fruit juice, food bars, nuts, graham crackers, baby & pet food</i> <input type="checkbox"/> Manual can opener, cups and utensils <input type="checkbox"/> Cooking tools: camp stove or grill, fuel, charcoal, matches <input type="checkbox"/> 2 gallons of water per person per day <div style="display: flex; align-items: center; margin-top: 10px;">  <div style="border: 1px solid black; padding: 5px; width: 400px;"> <ul style="list-style-type: none"> <input type="checkbox"/> <u>WATER TIPS:</u> Boiling is the safest way to purify water. Boil for 1-minute. Cool before drinking. If unable to boil, add a measure of ¼-teaspoon of chlorine bleach to each gallon of water. Shake or stir, then let stand 30 minutes. A slight chlorine taste & smell is normal. <input type="checkbox"/> <u>ALTERNATE SOURCES OF WATER:</u> Water heaters, water in the toilet tank reservoir, swimming pools should be used for washing surfaces, cleaning tools & hygiene. </div> </div> <p style="text-align: center; margin-top: 10px;">*Use food from refrigerator 1st; freezer 2nd; shelf food then emergency food*</p>
Safety Equipment	<ul style="list-style-type: none"> <input type="checkbox"/> Fire extinguisher (ABC type), smoke detector <input type="checkbox"/> Gas and water shutoff tools <input type="checkbox"/> 30-36" crow bar for search & rescue <input type="checkbox"/> Whistle: Blow if trapped or threatened <input type="checkbox"/> Other tools: thick work gloves, pocket knife, duct tape
Misc.	<ul style="list-style-type: none"> <input type="checkbox"/> Money, including roll of quarters <input type="checkbox"/> Senior, infant & pet needs as applicable <input type="checkbox"/> Keep important papers together & accessible <input type="checkbox"/> Set of warm clothing, sturdy shoes <input type="checkbox"/> Bedding: blankets/sleeping bag, rain gear, tarp, tent, 50' rope <input type="checkbox"/> Extra keys & local maps
Storage	<ul style="list-style-type: none"> <input type="checkbox"/> Store supplies in airtight plastic bags in a sturdy trash barrel or put in boxes, suitcase, backpack or duffel bag. Store in outside storage area or closet, garage or safe place. <input type="checkbox"/> Have a bag on hand to carry items if evacuation is needed
Car & Work	<ul style="list-style-type: none"> <input type="checkbox"/> Non-perishable food <input type="checkbox"/> First aid kit & handbook <input type="checkbox"/> Money (small bills, quarters) <input type="checkbox"/> Snap light, fire extinguisher <input type="checkbox"/> 1-gallon of water <input type="checkbox"/> Radio, flashlight, batteries <input type="checkbox"/> Scissors or knife <input type="checkbox"/> Keep car fuel gauge above ½ full



****Check and rotate supply items every six months****

Specialty Items for Emergency Kits

Remember, family members with special needs, such as infants, elderly and disabled persons.

FOR BABY

Formula
Diapers
Feeding bottles
Powdered milk
Medications
Medicine dropper

FOR ADULTS

Heart or blood pressure medication
Insulin
Prescription medication
Denture needs
Contact lenses & supplies
Extra eye glasses

Items for First Aid Kits

**Assemble a first aid kit for your home and one for each car.
A first aid kit should include:**

Adhesive bandages-various sizes
2-inch gauze pads (4-6)
4-inch gauze pads (4-6)
Hypoallergenic adhesive tape
Triangular bandages (2-3)
2-inch roller bandages (2-3)
3-inch roller bandages (2-3)
Scissors
Tweezers

Moistened towellettes
Antiseptic
Triple anti-biotic ointment
Thermometer
Tongue blades
Petroleum jelly
Assorted safety pins
Latex gloves (2-4 pr)
Sunscreen

Learn **First Aid & CPR skills**. Contact your local American Red Cross chapter for information & training.

Emergency Kit for Car

Tailor the kit to fit your lifestyle. If you travel frequently or for long distances, that should factor into what you should include:

Battery powered radio	Non-perishable food
Battery powered flash light	-(energy bars, dried fruit, etc.)
Extra batteries	Plastic bags
Blanket	Maps, shovel, flares
First aid kit & manual	Booster cables
Water	Flares
Comfortable athletic shoes	Playing cards

Additional Tools & Supplies for Consideration

In addition to water, food, flashlights, blankets, fire extinguisher, etc., consider the following additions to your kit.

Cash or traveler's checks	Compass / GPS
Coins / change	Matches in waterproof box
Non-electric can opener	Candles
Utility knife	Aluminum foil
Pliers	Plastic storage container
Shut-off wrench	Flares
Whistle	Paper & pencil
Plastic sheeting	Needle & thread
Plastic bags	Medicine dropper
Tube tent	