



Emergency Preparedness Supplies Checklist

The Emergency Preparedness Supplies Checklist is essential and tailored to meet the basic survival needs during or after a disaster. Individuals can store emergency supplies, tools, and water in one location that is readily available in your room, home, office and/or vehicle. Supplies can be stored in advance in an easy to carry suitcase, duffle bag or backpack ensuring they are easily accessible in the event of an evacuation.

FIRST AID SUPPLIES

- Band-Aids
- Sterile Wound Dressing/Pads
- Gloves
- Antibacterial Ointment
- Scissors/Tweezers
- Sunscreen/Bug Spray

MEDICATIONS

- Aspirin and Tylenol
- Antacid
- Prescription Medications
- Extra Glasses/Contacts

SANITATION/HYGIENE

- Washcloth/Towel
- Soap
- Toothpaste/Toothbrush
- Shampoo and Conditioner
- Garbage Bags
- Feminine Products
- Toilet Paper

EQUIPMENT/TOOLS

- Portable Weather Radio
- Flashlight
- Manual Can Opener
- Paper Cups, Plates, Utensils
- Duct Tape
- Whistle
- Pens, Paper, Pencils
- Portable Phone Charger
- Batteries
- Matches
- Resealable Plastic Bags
- Multi-tool

FOOD AND WATER

- Bottled Water
- Shelf-Stable Proteins
- Ready-to-eat meals
- Canned Vegetables/Fruit
- Nut Butters
- Trail Mix
- Nuts
- Instant Oatmeal
- Electrolyte Drink Mixes
- Nut Butters (Peanut/Almond)

CLOTHES/BEDDING

- Extra Clothing
- Blankets
- Shoes/Boots
- Rain Gear
- Blankets
- Pillows

DOCUMENTS

- Personal ID
- Copy of Important Documents
(Birth Certificate/SS)
- Insurance Papers
- Emergency Contact List
- Maps

