



Emergency Supply Kit Checklist

Having emergency supplies ready is essential if there is a disaster. Do not wait until the disaster is happening to build your family disaster kit. Take some time to create this kit now. There are many great examples of what should be in your disaster/emergency kit (CDC, FEMA, Red Cross). Below is a basic inventory of items we recommend for your disaster kit:

Recommended Supplies

- A first aid kit (If you have pets, have first aid items for them, such as sterile gauze, sterile water, blunt ended scissors, triple antibiotics, and a thick towel)
- Approximately 1 gallon of water per person (at the minimum, 3 days' worth) (don't forget to count pets)
- Flashlights, batteries, chargers
- A battery-operated or hand cranked radio
- Non-perishable foods (canned food, rice, peanut butter, cereal bars) and a can opener (at least 3 days' worth)
- Cups and utensils (inexpensive camping kits are good for this)
- Change of clothes, sweatshirt, and a blanket, and a spare pair of shoes
- Diapers, wipes and formula (if applicable)
- Toys, cards or games
- Supplies for pets
- Duct tape
- Pocket knife, or multi-tool
- Cell phone charger
- Toilet paper and other sanitary products
- Sealable plastic bags and trash bags
- Medications-Always try to have extra of any medications on hand in case of disaster (at least a two-week supply). Talk to your doctor and pharmacist. Have a list of your medications in your kit, or at least a picture of your medication bottles on your cell phone.



Information

- Health insurance cards
- Medical records (including pets)
- Contact information for doctors and any other health care providers
- Copy of insurance policy and vital records (birth certificate, marriage certificate, etc.)
- Current photos of all family members, including pets
- List of all family member's medical conditions, allergies, and medications

Tip: It is not always possible to have some items like medications stored in your emergency kit. Create a checklist of everything you may still have to grab that isn't already in your disaster kit. Consider a container(s) with the checklist attached, which everything can go into.

Be sure to include your children in the planning and packing process. Consider making it into a game like a scavenger hunt. Don't forget to check expiration dates and consider having your children help with this.

Prepared by Gleaning For The World – www.gleaningcharity.org