



## Pack A Kit Emergency Supply Checklist

Experts recommend that you should be prepared for at least three days to fend for yourself, without the help from emergency response teams or city services. **How to begin?** Purchase a large, watertight container, such as a large plastic tub, cooler or garbage can with a lid and wheels that you can move easily.

### Tools and Other Items

- Water—one gallon of water, per person (plus pets) per day for at least three days, for drinking and sanitation. (See checklist)
- Food—at least a three-day supply of ready-to-eat food requiring minimal water. Infant formula and pet food if needed. (See checklist)
- A portable, battery-powered radio or television (NOAA Weather Radio with tone alert, if possible). Extra batteries
- A copy of important family documents such as insurance policies, identification and bank account records
- First-aid kit and manual
- Flashlight and extra batteries
- Signal flare
- Matches in a waterproof container (or waterproof matches)
- Utility knife
- Duct tape and scissors
- Adjustable wrench or pliers to turn off utilities
- Other tools such as crowbar, hammer and nails, staple gun and bungee cords
- Plastic sheeting
- Whistle to signal for help
- Small canister, A-B-C-type fire extinguisher
- Cell phone with charger
- Compass
- Heavy work gloves
- Warm clothes and rain gear for each family member, including sturdy shoes
- Blanket or sleeping bag
- Prescription medications and glasses
- Also consider: Local maps, compass, cash or traveler's checks and change; disposable camera for documentation books, games, puzzles or other activities for children

### Kitchen Items

- Manual can opener
- Paper cups, plates, plastic utensils and other feeding supplies
- Household liquid bleach to treat drinking water
- Sugar, salt, pepper
- Aluminum foil and plastic wrap
- Re-sealing plastic bags

### Sanitation and Hygiene Items

- Wash cloth and towel
- Towelettes, soap, hand sanitizer, liquid detergent
- Tooth paste, toothbrushes, shampoo, deodorants, comb, and brush, razor shaving cream, lip balm, sunscreen, insect repellent, contact lens solutions, mirror, feminine supplies.
- Heavy-duty plastic garbage bags, and ties—for personal sanitation uses—and toilet paper
- Medium sized plastic bucket with tight lid
- Disinfectant and household chlorine bleach
- Diapers and infant supplies