

Essential Emergency Supply Kit Checklist

Water – At least **one gallon per person per day for seven days** (for drinking and sanitation).

Non-Perishable Food – A **seven-day supply** of ready-to-eat canned goods, protein bars, dried fruits, and nuts.

Battery-Powered or Hand-Crank Radio – To receive emergency alerts and updates.

Flashlights & Extra Batteries – Ensure you have multiple flashlights and fresh batteries.

First Aid Kit – Include bandages, antiseptics, over-the-counter medications, and prescription medicines.

Personal Hygiene Items – Soap, hand sanitizer, toothbrushes, toothpaste, feminine products, and deodorant.

Face Masks – To help filter contaminated air or prevent illness.

Moist Towelettes, Garbage Bags, and Plastic Ties – For personal sanitation.

[*Evacuation Routes*](#)

Cell Phone with Chargers & Backup Batteries – A solar-powered or hand-crank charger is ideal.



Additional Essential Items

Prescription Medications – A seven-day supply with a list of dosages.

Important Documents – Copies of insurance policies, identification, medical records, and bank records stored in a waterproof container.

Cash – ATMs and card readers may not be operational. Keep small bills on hand.

Emergency Contact Information – A printed list of family members, friends, and emergency services.

Blankets or Sleeping Bags – To keep warm if needed.

- Extra Clothing & Sturdy Shoes** – Pack for different weather conditions.
 - Whistle** – To signal for help if trapped or lost.
 - Matches or Lighter** – Stored in a waterproof container.
 - Fire Extinguisher** – Ensure it is suitable for all types of fires.
 - Infant & Child Care Supplies** – Formula, bottles, diapers, wipes, and comfort items.
 - [*Make a Pet Plan*](#)
 - Games, Books & Activities** – To keep children occupied during extended emergencies.
-

More Key Considerations for Your Kit

While the checklist covers the basics, here are a few more factors to consider when assembling your kit:

- Special Dietary Needs** – Include food options that accommodate allergies or medical conditions.
- Utility Shut-Off Tools** – A wrench or pliers may be needed to turn off gas, water, or power.
- Backup Eyeglasses or Contact Lenses** – If you require vision correction, have a spare set.
- Copies of Prescriptions** – Keep an updated list of medications and dosages.
- Power Backup for Medical Devices** – If you rely on powered medical equipment, ensure you have battery backups or a generator.
- Hard Copies of Emergency Plans** – Store printed maps and emergency contacts in case of digital failures.
- Solar or Hand-Crank Charger** – To keep devices powered without relying on electricity.
- Extra Fuel for Vehicles & Generators** – If safe to store, have extra gas available for evacuation or backup power.