

Emergency Supply Checklist

Stock enough to get your household through at least seven days without power or a store run. Check off what you have and what you still need.

WATER & FOOD

- ☐ Water: one gallon per person per day, 7 days
- ☐ Non-perishable food, 7-day supply
- ☐ Manual (non-electric) can opener
- ☐ Baby formula, food, and supplies
- ☐ Pet food and water, 7-day supply
- ☐ Cooler and ice packs
- ☐ Paper plates, cups, utensils

POWER & LIGHT

- ☐ Flashlights and extra batteries
- ☐ NOAA weather radio (battery or crank)
- ☐ Phone power bank, charged
- ☐ Portable generator and fuel (outdoor only)
- ☐ Lighter or waterproof matches
- ☐ No candles (fire risk after a storm)

HEALTH & FIRST AID

- ☐ First aid kit
- ☐ Prescriptions, 2-week supply
- ☐ Copies of prescriptions
- ☐ Over-the-counter medications
- ☐ Spare glasses or contacts and solution
- ☐ Hearing aids and spare batteries

DOCUMENTS & MONEY

- ☐ Insurance policies and deeds (waterproof)
- ☐ IDs, passports, Social Security cards
- ☐ Medical and immunization records
- ☐ Bank and credit card info
- ☐ Cash in small bills
- ☐ Spare keys (home, vehicles)

TOOLS & SAFETY

- ☐ Basic tool kit
- ☐ Shutoff wrench for gas and water
- ☐ Duct tape and work gloves
- ☐ Waterproof tarps and rope
- ☐ Fire extinguisher
- ☐ Whistle to signal for help

SANITATION

- ☐ Unscented bleach (clean-up and water)
- ☐ Toilet paper and paper towels
- ☐ Soap, hand sanitizer, wet wipes
- ☐ Garbage bags and ties
- ☐ Bucket with tight lid

PETS & SERVICE ANIMALS

- ☐ Carrier or cage, one per animal
- ☐ Leash, collar, ID tags
- ☐ Vaccination records and photos
- ☐ Medications and comfort items