

2-Week Checklist

Below is a checklist of important items you'll want to add to your emergency supply. Collect everything you need and rest easy that you and your family are covered in the event of a natural disaster or other emergency.

EMERGENCY PLANNING

- Emergency Contact Information**
Family & out-of-town contacts.
National Response Center (800-424-8802). Poison Control (800-222-1222).
Local utility companies.
- Important Documents (in water-proof Container)**
Driver's license, social security card, will, birth certificates, bank information, insurance forms
- Emergency Giving Plan**
How much do you share with others? What's off limits? What are your boundaries?

WATER

- Portable Water Filter**
Straw or bottle type
- Countertop Water Filter**
Larger capacity for everyday use
- Water Barrel/Drum**
Minimum 15-gallon capacity
- Water Barrel Supplies**
Cap, bung wrench plus pump, siphon, hose, or spigot
- Liquid Bleach/Germicidal Tablets**
For treating water before drinking
- Pots and Cooking Fuel**
A backup for filter & barrel
- Drink Mixes**
Including with electrolytes

FIRE & WARMTH

- Water Resistant Matches**
- Fire Sticks**
- Portable Fire Pit**
- Plenty of Firewood**
- Fire Extinguisher**
- Hand Warmers**

FOOD

- 2 Weeks Food**
Minimum 1,800-plus calories per person, per day. Heavy on protein, fat, & carbs.
- 2 Weeks Survival Supplements**
To supply the ~ 30 essential vitamins the body doesn't make enough of (iron, vitamins A & D, iodine, folic acid, zinc, & others)
- Portable Stove**
Sized for your household
- Extra Cooking Propane**
- Disposable Mess Kit**
Plenty of paper cups, plates, plastic utensils, & paper towels

SHELTER

- Large Winter-Rated Tent**
- Large Tarp**
- Mylar Emergency Blankets**
- Water Resistant Poncho**
- Large Battery-Powered Fans**
- Extra Blankets**
- Extra Layers of Clothing**
Long underwear, sweaters, thick socks, etc.
- Hat**
Headwear appropriate to your location
- 1-2 Days Change of Clothes**
Don't forget underwear and socks!
- Wrench or Pliers**
To turn off utilities
- Extra Set of Car Keys**
- Extra Set of House Keys**

MONEY

- Cash & Coins**
\$500 if you're able. Keep in a secure, locked location.

LIGHT & COMMUNICATION

- LED Lanterns**
Water resistant w/ solar power
- LED Flashlights**
Water resistant w/ solar power and work light
- 115-Hour+ Candles**
- Emergency Radio**
Water resistant w/ solar and/or hand crank
- Two-Way Radio**
Long range "walkie talkies"
- Signal Whistle**
- 12-Hr. Light Sticks**

SANITATION

- Toilet Paper**
- Toothbrush & Toothpaste**
- Hand Sanitizer**
- 3-5 Face Masks**
- Sanitary Napkins (If Needed)**
- Antiseptic Pads**
- Comb**
- Garbage Bags (w/ Plastic Ties)**
- Towels**
- Portable Shower Supplies**
Pressure or gravity fed camp shower
- Portable Toilet**

FIRST AID

- Deluxe First Aid Kit**
Antiseptic pads, sterile pads, multiple sized bandages, adhesive strips, pain relievers
- 3 Weeks Medication (If Needed)**
Plan on storing a little more than you need

2-Week Checklist ...Continued

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STORAGE & TOOLS

- Multitool**
With at minimum a knife, pliers, screwdriver, saw, & bottle opener
- Hatchet or Axe**
- Hand-Cranked Can Opener**
- Survival Shovel**
- Repair Kit (For Wire & Electrical)**
- Cold Weld for Repairing Metallic Parts**
- Emergency Radiator Hose**
- Sewing Kit**
- Duct Tape**
- Chainsaw**
- Machete**
- Non-Conductive Gloves**
- Boots with Rubber Soles**

POWER

- Portable Power Bank**
Solar—included as part of flashlight or radio if possible
- Power Cord[s]**
For devices, phones, & two-way radios
- Generator**
Preferably solar.
- Fuel**
To power your non-solar generator, plus fuel stabilizer

PERSONALIZED SUPPLIES

- Baby Supplies**
Bottles, formula, baby food, & diapers
- Pet Supplies**
Collar, leash, ID, food, carrier, & bowl

ENTERTAINMENT

- Face Cards, Uno, Go Fish**
Board Games—As Many as You Can Fit
- Puzzles, Easy to Difficult**
- Crafts: Paper, Glue, Markers, Popsicle Sticks, Glitter, etc.**
- Coloring Books & Colored Pencils**
- Journals and Pens**
- Battery Operated DVD Player**
- Handheld Videogames**