



# Ultimate Emergency Preparedness Checklist

There are 6 basic supplies you should keep stocked in your home and business. Use this checklist to ensure you are prepared for the unexpected.

## EMERGENCY WATER

- 1 Gallon per person per day
- 3 Day supply per person
- Portable water filter to treat dirty water

## EMERGENCY FOOD

- Non-perishable or canned food. Approximately 1500 calories per day per person, enough for 3 – 7 days.
- Canned juices, milk and soup
- Sugar, salt and pepper
- Peanut butter & jelly
- Crackers
- Granola bars and trail mix
- Food for the elderly and infants if needed
- Dried fruit, cookies, candy, lollipops
- Cereals
- Coffee & tea
- Manual can opener

## FIRST AID KIT & MEDICAL SUPPLIES

- Comprehensive first aid kit with variety of bandages, gauze pads and supplies
- Scissors, tweezers, needle, safety pins
- Antiseptic and antibiotic creams/gels
- Thermometer
- Latex Gloves
- Ibuprofen  Acetaminophen  Aspirin

## TOOLS & SUPPLIES

- Sturdy multi-function tool like a Leatherman
- Compass
- Waterproof matches and container
- Aluminum foil
- Plastic storage containers, plastic garbage bags and zip ties
- Emergency whistle
- Pencil and paper
- Toilet paper, towelettes, soap/detergent
- Feminine supplies/personal hygiene items
- Plastic 5 gal. bucket with tight lid

## CLOTHING & BEDDING

- Sturdy shoes and work boots
- Rain gear
- Blankets and sleeping bags
- Hats, gloves, thermal underwear
- Sunglasses

## SPECIALTY & PERSONAL ITEMS

- Copies of important documents like licenses, passports and credit cards kept in a waterproof container
- Medications
- Extra eyeglasses or contact lenses/supplies
- Books, games, cards and puzzles