



# EMERGENCY ESSENTIALS CHECKLIST

## GO BAG (72-Hour Kit)

- Backpack\*
- Flashlight and extra batteries\*
- Whistle\*
- Dust mask\*
- Toothbrush/Toothpaste\*
- 3 day's worth high-calorie food\*
- 3 days worth bottled water\*
- Cash (small bills)
- Spare keys
- 1 roll toilet paper\*
- Deluxe first aid kit
- Pain reliever
- Laxatives
- 2 bottles antacid
- Scissors
- Tweezers
- Thermometer
- Petroleum jelly
- Rubbing alcohol
- Anti-diarrheal
- Antiseptic ointment
- Multi-vitamins
- Prescription meds\*
- Important documents in waterproof bag
- Warm/waterproof clothing\*
- Comfort items\*
- Compass
- Waterproof matches

## AT HOME (1-Month Kit)

### **Supplies**

- Extra large plastic tote(s)
- Paper and pen
- Permanent marker
- Local paper map
- Heavy cotton or hemp rope
- 2 rolls duct tape
- 2 flashlights or headlamps w/batteries
- Flashing safety light or wand
- Portable stove or grill
- Stove fuel
- Cooking pot
- Utensils\*

- Plate, cup bowl\*
  - 1 hand-operated can opener
  - Extra pair of shoes\*
  - Warm clothes, socks\*
  - Blankets\*
  - Extra whistle\*
  - Work gloves\*
  - Gas shutoff wrench
  - Pry bar
  - Pliers or multi-tool
  - Screwdriver (Phillips & standard)
  - Hammer
  - Safety glasses\*
  - Snow shovel
  - Portable battery for electronics
  - Spare electronics charging cables
  - Battery powered AM/FM/NOAA radio w/extra batteries or hand crank
  - 8 rolls toilet paper\*
  - 5 gallon bucket for toileting
  - Toilet seat lid for bucket
  - 5 gallon trash bag liners
  - Container of quicklime (to sprinkle on waste between uses)
  - Household liquid bleach
  - Eye dropper
  - Water filtration system
  - Roll of plastic sheeting
  - Plastic containers w/lids
  - 1 bar of soap\*
  - 1 bottle of shampoo\*
  - Razor/shaving cream/deodorant\*
  - Disinfectant spray
  - Sunscreen
  - Safety pins
  - Liquid antibacterial soap
  - Box of gallon Ziploc bags
  - 2 boxes heavy-duty garbage bags
  - Aluminum foil
- ### **Food/Water**
- 30 gallons of water\*
  - 4 cans tuna\*
  - 20 cans fruit\*

- 4 cans chili\*
- 4 boxes pasta\*
- 8 cans ready-to-eat soup\*
- 1 10 pound bag of rice
- 4 cans chicken\*
- 1 package of cookies\*
- 4 boxes of granola bars\*
- 2 jars peanut butter\*
- 1 box saltines\*
- 1 box graham crackers\*
- 3 boxes instant oatmeal\*
- Electrolyte tabs or powder
- 12 Ramen or instant noodles\*
- Favorite comfort foods\*
- 8 cans stew\*
- 12 cans vegetables\*
- 12 rolls paper towels
- 4 cans beans\*
- 1 large jar jelly\*
- 1 large jar honey\*
- 2 pounds powdered milk\*
- 12 boxes easy stovetop-style meals\*
- 2 packages spaghetti noodles\*
- 2 jars spaghetti sauce\*
- 1 box favorite crackers\*
- 2 boxes facial tissue\*
- Lotion
- Sewing kit w/extra needles\*
- Disposable hand wipes

### **Specialty**

- Infant/toddler items
- Pets/service animal items
- Denture care
- Feminine hygiene items
- Glasses/contacts/supplies
- Hearing aid batteries
- Rx meds, injectables, oxygen, etc.
- Diabetic supplies, test strips, etc.
- Wheelchair/accessories
- Spare cane/walker
- Medic alert tags/bracelet
- Communication aids

**\*PER PERSON**