



Emergency Supply Checklist

After an emergency, you must be prepared to take care of yourself and your family for several days. Being prepared means having an emergency supply kit with food, water, and other basic supplies to last until help arrives.

While stocking your kit with basic supplies, consider the unique needs of your household including seniors, pets, or young children.

Store these items in airtight plastic bags and place the entire emergency kit into one or two easy to carry containers like duffel bags, backpacks, or plastic bins.

- Water and non-perishable food for every member of your household—including pets—for AT LEAST 3 days
- Extra phone charger and backup power source
- Radio with batteries or hand crank to receive weather and emergency alerts
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to filter contaminated air
- Duct tape and plastic sheeting to shelter in place
- Moistened wipes and hand sanitizer
- Garbage bags and plastic ties
- Non-sparking wrench or pliers to turn off utilities
- Can opener
- Local maps

Additional items to consider:

- Prescription medications and glasses
- Non-prescription medications like pain relievers and anti-diarrhea medications
- Baby formula and diapers
- Pet food, water, and supplies for your pets
- A selfie of you and your pet in case you become separated
- Leash, collar, and other pet safety items
- Important documents like emergency contact lists, ID cards, insurance policies, pet vaccination records, and bank account information stored in a waterproof bag or container
- Cash or change
- A first aid manual and printed emergency information
- Sleeping bag or blanket for each person
- Matches in a waterproof container
- Personal hygiene items (toothpaste and toothbrush, sanitary napkins, soap, deodorant, dry shampoo, etc.)
- Complete change of clothes including a long-sleeved shirt, long pants, extra socks and sturdy shoes or boots
- Paper cups, plates, napkins, and plastic silverware
- Paper and pencils
- Books, games, puzzles, and other activities for kids
- Toys or items to help pets remain calm

For more information, please visit
www.ready.gov/plan