



## EMERGENCY PREPAREDNESS KIT CHECKLIST

- ☐ **Non-perishable goods** - canned goods like meat, poultry, tuna, soup, stews, beans, fruits and vegetables, pasta sauces. Don't forget a manual can-opener!
- ☐ **Dried goods** - Granola bars, flour, nuts, peanut butter, crackers, oatmeal, cold cereals, pasta, rice
- ☐ **Water** - at least 2L per day/per person
- ☐ **Extra prescription medications**
- ☐ **Pet food and supplies**
- ☐ **Jarred baby food or formula**
- ☐ **Feminine hygiene products**
- ☐ **Diapers** (and wipes)
- ☐ **Hand soap and alcohol-based hand sanitizer** (homemade hand sanitizer recipe: Mix 1 cup of 99% isopropyl alcohol with 1 tablespoon of 3% Hydrogen peroxide, 1 tablespoon of 98% glycerin and 85 ML of distilled or boiled water)
- ☐ **Thermometer**
- ☐ **Fever reducing & cough/cold medication for both adults and children** (Advil, Tylenol, DayQuil)
- ☐ **Electrolyte replacement drinks** (Pedialyte, Gatorade, Powerade, etc.)
- ☐ **Toilet paper**
- ☐ **Paper towel**
- ☐ **Facial Tissue**
- ☐ **Household cleaning supplies** (Lysol spray/wipes, bleach, garbage bags, dish soap, laundry detergent, other household cleaning products)

Other items to consider:

- ☐ **Flashlight** (and extra batteries)
- ☐ **Candles**
- ☐ **Lighter or matches**
- ☐ **Seeds & soil**
- ☐ **Snare wires, extra shotgun shells, fishing rod** (lures & net)
- ☐ **Portable radio** (extra batteries)
- ☐ **Cash in small bills and change**
- ☐ **Extra set of keys** (car & house)
- ☐ **Copies of important family documents** (Identification, passport, birth certificates, etc.)
- ☐ **Whistle**

**REMEMBER: ONLY TAKE WHAT YOU NEED AND DO NOT PANIC BUY! BE CONSIDERATE OF OTHERS ESPECIALLY OUR ELDERS**