

Emergency Kit Checklist

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least 72 hours. Make sure your emergency kit is stocked with the items on the checklist below.



 Water	 Food	 Medications	 First Aid Kit	 Baby Supplies	 Pet Supplies	 Bleach & Eye-Dropper
 Emergency Blanket	 Blankets	 Sleeping Bags	 Glasses & Eye Protection	 Extra Clothing	 Personal Hygiene Items	 Sani-Wipes
 Towels	 5-Gallon Bucket	 Trash Bags/ Plastic Sheets	 Tent	 Backpack	 N95 Mask	 Work Gloves
 Flashlight	 Batteries	 Matches	 Candles	 Lightsticks	 Medical Gloves	 Multi-purpose Tool w/ Knife
 Wrench, Pliers & Crowbar	 Rope/Cord	 Duct Tape	 Can Opener	 Kitchen Items	 Scissors	 Fire Extinguisher
 Games	 Pen & Paper	 Radio	 Cell Phone & Charger	 Whistle	 Signal Mirror	 2-Way Radios
 Paper Towels	 Toilet Paper	 WD-40	 Hard Candy	 Trail Mix	 Bug Spray	 Sun Screen
 Emergency Plan	 Family ID Documents	 Maps	 Compass	 Extra Keys	 Cash & Bank Checks	 Phonebook

Check your kit every 6 months and replace outdated supplies, just like you would your smoke detector batteries.

References & Additional Resources



**American
Red Cross**