



Emergency Essentials Kit

Print a copy of this emergency essentials list and take it with you to the store.

FOOD

7 day supply of non-perishable food that doesn't need cooking
Hand operated can opener
Plastic plates, cups utensils

WATER

1 gallon of drinking water per person per day, enough for 5 days

FIRST AID

Red Cross approved first aid kit Backup prescriptions for essential medications

PERSONAL HYGIENE

Hand sanitizer or disinfectant wipes
Toilet paper, paper towels garbage bags
Dental care, vision products, medications
Travel-size soaps and other beauty supplies
Change of clothes, pair of shoes and blanket
per person

CLEAN AIR ITEMS

Nose and mouth protection masks (N-95 rating) Plastic sheeting Duct tape

BABY ITEMS

Formula, bottles, powdered milk Diapers, baby wipes Any medications Diaper rash ointment

LIGHTING

Flashlights for each family member with extra batteries Fluorescent lanterns for each common area Waterproof matches or a utility lighter

COMMUNICATION

Portable battery powered AM/FM radio NOAA all hazards alert radio Land-line phone with long cord Extra batteries for flashlights, lanterns radio Whistle

FAMILY SAFETY ITEMS

Smoke detector with battery for each floor Carbon monoxide detector with battery backup Fire extinguisher Sunscreen Insect repellent Shovel and basic tools

TRANSPORTATION ITEMS

State and regional road maps
Basic repair items (tools, tire patch kit, engine oil)
Emergency road safety triangles
Games, books, puzzles

PET NEEDS

7 day supply of non-perishable pet food and water Cage or pet carrier and leash Pet medications and pet first aid kit Current photo in case you are separated Cat litter and box Pet bed and toys