Let’s Pack an Emergency Kit

Create a family emergency kit. Use this checklist to think about what you might need in case of an emergency. As you add items to your kit, check them off the list. Remember to review your kit’s contents regularly (for instance, whenever you check your smoke alarms) to make sure items are up to date.

**Recommended Items:**

- ☐ 2 COPIES OF YOUR FAMILY EMERGENCY PLAN
- ☐ $20 MINIMUM CASH AND COINS
- ☐ EXTRA COPIES OF FAMILY HEALTH RECORDS, LIST OF PRESCRIPTIONS WITH DOSAGES, AND INSURANCE PAPERS
- ☐ FIRST-AID KIT AND PRESCRIPTION MEDICATIONS
- ☐ 3-DAY SUPPLY OF WATER (1 GALLON OF WATER PER PERSON PER DAY)
- ☐ 3-DAY SUPPLY OF CANNED AND DRY FOOD, AND A MANUAL CAN OPENER
- ☐ BATTERY-POWERED OR HAND-CRANKED RADIO
- ☐ MOBILE PHONE AND CHARGERS FOR CAR AND HOME
- ☐ FLASHLIGHT AND EXTRA BATTERIES
- ☐ TOOLS (WRENCH OR PLIERS) TO TURN OFF UTILITIES
- ☐ ITEMS FOR THE ELDERLY OR SPECIAL-NEEDS FAMILY MEMBERS
- ☐ PET SUPPLIES
- ☐ SPARE SET OF CAR AND HOUSE KEYS
- ☐ BLANKETS OR SLEEPING BAGS
- ☐ PAPER CUPS AND PLATES, AND PLASTIC UTENSILS
- ☐ PLASTIC TRASH BAGS
- ☐ MOIST TOWELETTES AND OTHER HYGIENE SUPPLIES
- ☐ CHANGE OF CLOTHING, RAIN GEAR, AND STURDY SHOES FOR EACH FAMILY MEMBER
- ☐ SUNSCREEN AND INSECT REPELLENT

**Important Items for Children:**

- ☐ 1 COMFORT ITEM PER CHILD (A TEDDY BEAR OR OTHER TOY) Ask what your child would like to include, such as a doll that’s not often used.
- ☐ ITEMS FOR CHILDREN (PAPER, CRAYONS, BOOKS, AND TRAVEL-SIZE GAMES)
- ☐ SMALL TOYS, NONPERISHABLE SNACKS, AND DIAPERS FOR INFANTS OR TODDLERS

**AND REMEMBER…**

- » Keep your kit handy.
- » Keep items in airtight plastic bags.
- » Refill your kit with fresh water, batteries, and right-size clothes every 6 months.
- » Don’t forget to keep emergency supplies in your car and at work!