



Emergency Preparedness Supplies Checklist

The Emergency Preparedness Supplies Checklist is essential and tailored to meet the basic survival needs during or after a disaster. Individuals can store emergency supplies, tools, and water in one location that is readily available in your room, home, office and/or vehicle. Supplies can be stored in advance in an easy to carry suitcase, duffle bag or backpack ensuring they are easily accessible in the event of an evacuation.

FIRST AID SUPPLIES

- ☐ Band-Aids
- ☐ Sterile Wound Dressing/Pads
- ☐ Gloves
- ☐ Antibacterial Ointment
- ☐ Scissors/Tweezers
- ☐ Sunscreen/Bug Spray

MEDICATIONS

- ☐ Aspirin and Tylenol
- ☐ Antacid
- ☐ Prescription Medications
- ☐ Extra Glasses/Contacts

SANITATION/HYGIENE

- ☐ Washcloth/Towel
- ☐ Soap
- ☐ Toothpaste/Toothbrush
- ☐ Shampoo and Conditioner
- ☐ Garbage Bags
- ☐ Feminine Products
- ☐ Toilet Paper

EQUIPMENT/TOOLS

- ☐ Portable Weather Radio
- ☐ Flashlight
- ☐ Manual Can Opener
- ☐ Paper Cups, Plates, Utensils
- ☐ Duct Tape
- ☐ Whistle
- ☐ Pens, Paper, Pencils
- ☐ Portable Phone Charger
- ☐ Batteries
- ☐ Matches
- ☐ Resealable Plastic Bags
- ☐ Multi-tool

FOOD AND WATER

- ☐ Bottled Water
- ☐ Shelf-Stable Proteins
- ☐ Ready-to-eat meals
- ☐ Canned Vegetables/Fruit
- ☐ Nut Butters
- ☐ Trail Mix
- ☐ Nuts
- ☐ Instant Oatmeal
- ☐ Electrolyte Drink Mixes
- ☐ Nut Butters (Peanut/Almond)

CLOTHES/BEDDING

- ☐ Extra Clothing
- ☐ Blankets
- ☐ Shoes/Boots
- ☐ Rain Gear
- ☐ Blankets
- ☐ Pillows

DOCUMENTS

- ☐ Personal ID
- ☐ Copy of Important Documents
(Birth Certificate/SS)
- ☐ Insurance Papers
- ☐ Emergency Contact List
- ☐ Maps

