



Pack A Kit Emergency Supply Checklist

Experts recommend that you should be prepared for at least three days to fend for yourself, without the help from emergency response teams or city services. **How to begin?** Purchase a large, watertight container, such as a large plastic tub, cooler or garbage can with a lid and wheels that you can move easily.

Tools and Other Items

- Water—one gallon of water, per person (plus pets) per day for at least three days, for drinking and sanitation. (See checklist)
- Food—at least a three-day supply of ready-to-eat food requiring minimal water. Infant formula and pet food if needed. (See checklist)
- A portable, battery-powered radio or television (NOAA Weather Radio with tone alert, if possible). Extra batteries
- A copy of important family documents such as insurance policies, identification and bank account records
- First-aid kit and manual
- Flashlight and extra batteries
- Signal flare
- Matches in a waterproof container (or waterproof matches)
- Utility knife
- Duct tape and scissors
- Adjustable wrench or pliers to turn off utilities
- Other tools such as crowbar, hammer and nails, staple gun and bungee cords
- Plastic sheeting
- Whistle to signal for help
- Small canister, A-B-C-type fire extinguisher
- Cell phone with charger
- Compass
- Heavy work gloves

- Warm clothes and rain gear for each family member, including sturdy shoes
- Blanket or sleeping bag
- Prescription medications and glasses
- Also consider: Local maps, compass, cash or traveler's checks and change; disposable camera for documentation books, games, puzzles or other activities for children

Kitchen Items

- Manual can opener
- Paper cups, plates, plastic utensils and other feeding supplies
- Household liquid bleach to treat drinking water
- Sugar, salt, pepper
- Aluminum foil and plastic wrap
- Re-sealing plastic bags

Sanitation and Hygiene Items

- Wash cloth and towel
- Towelettes, soap, hand sanitizer, liquid detergent
- Tooth paste, toothbrushes, shampoo, deodorants, comb, and brush, razor shaving cream, lip balm, sunscreen, insect repellent, contact lens solutions, mirror, feminine supplies.
- Heavy-duty plastic garbage bags, and ties—for personal sanitation uses—and toilet paper
- Medium sized plastic bucket with tight lid
- Disinfectant and household chlorine bleach
- Diapers and infant supplies



Pack A Go Bag

While gathering your emergency kit, pack a go bag for each family member. These are your personal emergency bags you grab, when say, the fireman or police officer knocks on your door and tells you to evacuate immediately. Put these items in a backpack or other easy carry case, and keep it in an easy-to-reach location, like an entry-hall closet or under your bed. And pack lightly as possible and tag your bag with your name and address.

Go-Bag Items

- Flashlight
- Battery-operated radio
- Extra batteries
- Whistle
- Dust mask
- Pocket knife
- Emergency cash in small bills, quarters for pay phone and pre-paid phone card
- Butane lighter and matches
- Sturdy shoes, a change of clothes, warm hat
- Local and regional maps
- Water and food (snacks and one or two bottles per person)
- Permanent marker, paper and tape
- Photos of family members and pets for identification purposes
- List of emergency contact phone numbers
- List of food or drug allergies (especially antibiotics)
- Copy of health insurance and i.d. cards
- Extra prescription eye glasses, hearing aid or other vital personal items
- Prescription medications and first-aid supplies
- Toothbrush and toothpaste
- Extra keys to your house and vehicle
- Any special-needs items for children, seniors or disabled family members.

Go-Bag Items for Pets

- Sturdy leashes and pet carriers. (A pillowcase is a good option for transporting cats and other small animals.)
- Food, potable water and medicine for at least one week
- Non-spill bowls, manual can opener and plastic lid
- Plastic bags, litter box and litter
- Recent photo of each pet
- Names and phone numbers of your emergency contact, emergency veterinary hospitals and animal shelters
- Copy of your pet's vaccination history and any medical problems