

# Emergency Preparation Checklist

## First Aid Supplies

## Medicine Kit

Supplies	Home	Vehicle	Work	Supplies	Home	Vehicle	Work
Adhesive bandages				Aspirin and non-aspirin pain reliever			
5" x 9" sterile dressing				Anti-diarrhea medication			
Conforming roller gauze bandage				Antacid			
Triangular bandages				Laxative			
3" x 3" sterile gauze pads				Vitamins			
4" x 4" sterile gauze pads				Prescriptions			
Roll 36" cohesive bandage				Extra-eyeglasses/contact lenses			
Germicidal hand wipes							
Hand sanitizer							
Antiseptic wipes				<i>Sanitation and Hygiene</i>			
Medical grade non-latex gloves				Supplies	Home	Vehicle	Work
Tongue depressor				Washcloth and towel			
Adhesive tape, 2" width				Towelettes, soap, hand sanitizer			
Antibacterial ointment				Tooth paste, toothbrushes			
Cold pack				Shampoo, comb and brush			
Scissors (small, personal)				Deodorants			
Tweezers				Sunscreen			
Assorted sizes of safety pins				Razor, shaving cream			
Cotton balls				Lip balm			
Thermometer				Insect repellent			
Tube of petroleum jelly				Feminine Supplies			
Sunscreen				Heavy-duty plastic garbage bags and ties			
CPR breathing barrier				Toilet paper			
First aid manual				Medium-sized plastic bucket with tight lid			
				Disinfectant and chlorine bleach			

				Small Shovel			
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## Equipment and Tools

Supplies	Stored
Portable battery-powered radio, extra batteries	
NOAA Weather radio	
Flashlight and extra batteries	
Signal flare	
Matches in a waterproof container	
Shut-off wrench, pliers, shovel	
Duct tape and scissors	
Plastic sheeting	
Whistle	
Small canister	
Fire Extinguisher	
Tube tent	
Compass	
Work gloves	
Paper, pens and pencils	
Needles and thread	
Battery-operated travel alarm clock	
Manual can opener	
Mess kits or paper cups, plates and plastic utensils	
All-purpose knife	
Household liquid bleach	
Sugar, salt and pepper	

Contact lens solutions			
Mirror			

## Food and Water

Supplies	Home	Vehicle	Work
Water			
Ready-to-eat meats, fruits, vegetables			
Canned or boxed juices, milk and soup			
High-energy foods such as peanut butter, jelly, crackers, granola bars and trail mix			
Vitamins			
Special foods for infants or persons on a special diet			
Cookies, hard candy			
Instant coffee			
Cereals			
Powdered milk			

## Documents and Keys

Supplies	Stored
Personal identification	
Cash and coins	
Credit cards	
Extra set of house and car keys	

Aluminum foil and plastic wrap	
Resalable plastic bags	
Small cooking stove and can of fuel	

Copies of the following:	
Birth certificate	
Marriage certificate	
Driver's license	
Social Security cards	
Passports	

## *Clothes and Bedding*

Supplies	Home	Vehicle	Work	Wills	
Change of clothes				Deeds	
Shoes				Home Inventory	
Rain gear				Insurance papers	
Hat and gloves				Immunization Records	
Socks				Bank and credit card numbers	
Underwear				Stocks and Bonds	
Thermal underwear				Emergency Contact List and Phone Numbers	
Sunglasses				Map of the area	
Blankets, sleeping bags and pillows					