



Emergency Checklist



This list is meant to help you and your family prepare in case of an emergency. The items listed are by no means a comprehensive list, but are intended as a starting point for you to build upon and customize to best fit you and your loved ones needs.

Emergency Supplies

- 25-50 ft. of 550 Paracord
- Blankets
- Candle/Glowsticks
- Cell Phone/Charger
- Duct Tape
- Dust Mask
- Fire Extinguisher
- Flashlight
- Garbage Bags
- Hand Sanitizer
- Lighter/Matches
- Map of the Local Area
- Plastic Sheeting
- Pocket Knife/Multitool
- Poncho/Raingear
- Portable Radio
- Portable Toilet
- Sewing Kit
- Shovel
- Sleeping Bag
- Towelettes
- Whistle
- Wrench/Pliers (to turn off utilities)

Personal Items

- Books/ Games/ Puzzles
- Cash/Travelers Checks
- Change of Clothes
- Important Documents
(ex. birth certificates, marriage certificate, ID, insurance policies, etc...)
- Soap
- Toothbrush/Toothpaste

Food and Water

- 1 Gallon of Water per Day per Person
- 3+ Days Worth of Food per Person
- Camping Stove
- Eating Utensil
- Fuel
- Pot for Boiling Water

First aid and Medical

- Bandaids
- First Aid Kit
- Generic Over the Counter Drugs
(ex. ibuprofen, acetaminophen, antihistamine, etc...)
- Prescription Medications

