# 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 one's 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
- Band aids
- First Aid Kit
- Generic Over the Counter Drugs (ex. ibuprofen, acetaminophen, antihistamine, etc...)
- Prescription Medications