# Supply Kit Checklist

## Water
- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation).
- Keep at least a seven-day supply of water for each person in your household.

## Food
- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup
- Staples: sugars, salt, pepper
- High-energy foods: peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for infants, elderly persons or persons on special diets
- Comfort/stress foods, cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

## Tools and supplies
- Mess kits, paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or travelers' checks, change
- Non-electric can opener, utility knife

## Tools and supplies continued
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Tape
- Matches in a waterproof container
- Aluminum foil, plastic storage containers
- Signal flare
- Paper, pencil, needles, thread, a medicine dropper
- Shut-off wrench (to turn off house hold gas and water)
- Whistle
- Plastic sheeting
- Map of area (for locating shelters)
- Fully charged cell phone and extra batteries

## Clothing and bedding
- Sturdy shoes or work boots, rain gear, blankets or sleeping bags, hat and gloves, thermal underwear and sunglasses

## Sanitation
- Toilet paper, towelettes, soap, liquid detergent, feminine supplies, personal hygiene items, plastic garbage bags and ties (for personal sanitation uses), plastic bucket with tight lid, disinfectant and household chlorine bleach

## Special items
### For baby
- Formula, diapers, bottles, wipes and medications

### For adults
- Heart and high-blood pressure medication, insulin, prescription drugs, denture needs, contact lenses and supplies, extra eye glasses, entertainment games and books and important family documents