



## 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

- ☐ 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

### 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

### Clothing and bedding

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

### 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

