




















## Let's Pack an Emergency Kit




**Create a family emergency kit.** Use this checklist to think about what you might need in case of an emergency. As you add items to your kit, check them off the list. **Remember to review your kit's contents regularly** (for instance, whenever you check your smoke alarms) to make sure items are up to date.

### Recommended Items:

-  2 COPIES OF YOUR FAMILY EMERGENCY PLAN
-  \$20 MINIMUM CASH AND COINS
-  EXTRA COPIES OF FAMILY HEALTH RECORDS, LIST OF PRESCRIPTIONS WITH DOSAGES, AND INSURANCE PAPERS
-  FIRST-AID KIT AND PRESCRIPTION MEDICATIONS
-  3-DAY SUPPLY OF WATER (1 GALLON OF WATER PER PERSON PER DAY)
-  3-DAY SUPPLY OF CANNED AND DRY FOOD, AND A MANUAL CAN OPENER
-  BATTERY-POWERED OR HAND-CRANKED RADIO
-  MOBILE PHONE AND CHARGERS FOR CAR AND HOME
-  FLASHLIGHT AND EXTRA BATTERIES
-  TOOLS (WRENCH OR PLIERS) TO TURN OFF UTILITIES
-  ITEMS FOR THE ELDERLY OR SPECIAL-NEEDS FAMILY MEMBERS
-  PET SUPPLIES
-  SPARE SET OF CAR AND HOUSE KEYS
-  BLANKETS OR SLEEPING BAGS
-  PAPER CUPS AND PLATES, AND PLASTIC UTENSILS

-  PLASTIC TRASH BAGS
-  MOIST TOWELETTES AND OTHER HYGIENE SUPPLIES
-  CHANGE OF CLOTHING, RAIN GEAR, AND STURDY SHOES FOR EACH FAMILY MEMBER
-  SUNSCREEN AND INSECT REPELLENT

### Important Items for Children:

-  1 COMFORT ITEM PER CHILD (A TEDDY BEAR OR OTHER TOY)  
Ask what your child would like to include, such as a doll that's not often used.
-  ITEMS FOR CHILDREN (PAPER, CRAYONS, BOOKS, AND TRAVEL-SIZE GAMES)
-  SMALL TOYS, NONPERISHABLE SNACKS, AND DIAPERS FOR INFANTS OR TODDLERS

### AND REMEMBER...

- » Keep your kit handy.
- » Keep items in airtight plastic bags.
- » Refill your kit with fresh water, batteries, and right-size clothes every 6 months.
- » Don't forget to keep emergency supplies in your car and at work!

