

Household Emergency Kit Checklist



1. Water:
 - One gallon of water per person per day (at least a 3-day supply).
 - Consider additional water for pets.
2. Non-Perishable Food:
 - Canned goods (beans, vegetables, fruits, etc.).
 - Granola bars, energy bars, or dried fruit.
 - Ready-to-eat canned meats or soups.
 - Don't forget a manual can opener.
3. First Aid Kit:
 - Adhesive bandages, gauze, and tape.
 - Antiseptic wipes or solution.
 - Tweezers, scissors, and thermometers.
 - Pain relievers, such as aspirin or ibuprofen.
 - Any necessary prescription medications.
4. Clothing and Bedding:
 - Extra clothing appropriate for the season.
 - Sturdy shoes or boots.
 - Blankets or sleeping bags.
5. Tools and Supplies:
 - Flashlights with extra batteries.
 - Multi-tool or Swiss Army knife.
 - Whistle for signaling.
 - Duct tape and plastic sheeting.
6. Personal Hygiene Items:
 - Toothbrush and toothpaste.
 - Soap and hand sanitizer.
 - Feminine hygiene products.
 - Moist towelettes.
7. Communication and Documentation:
 - Battery-powered or hand-crank radio.
 - Important documents (ID, insurance, deeds).
 - Pen, paper, and a list of emergency contacts.
8. Cash and Coins:
 - Small bills and change for essential purchases.
9. Miscellaneous Items:
 - Local maps.
 - Baby supplies (if applicable).
 - Pet supplies (if applicable).
10. Special Needs:
 - Items for family members with specific requirements (e.g., infant formula, mobility aids).
11. Entertainment and Comfort:
 - Books, games, or activities for children.
 - Comfort items (stuffed animals, favorite toys).
12. Emergency Contacts:
 - List of emergency phone numbers.
 - Family and friends' contact information.
13. Important Information:
 - Evacuation routes and plans.
 - Shelter locations and policies.
14. Maintain and Refresh:
 - Check and refresh your emergency kit regularly (at least annually).
 - Replace expired items.
15. Customize for Your Region:
 - Consider regional hazards (earthquakes, hurricanes, wildfires) and adjust your kit accordingly.

Remember to store your emergency kit in a cool, dry place that is easily accessible to all family members. Additionally, create a family emergency plan that includes meeting points and communication strategies in case you are separated during an emergency.