



# Emergency Supplies Kit Checklist

Date Restocked: \_\_\_\_\_

Check the kit every 6 months and replace expired items. Update personal documents and medications as needed.

<input type="checkbox"/>	<b>Water:</b> 1 gallon per person per day (72 gallons for 4 people for 3 days)	<b>Non-perishable Food:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Canned goods (vegetables, meat, fruit)</li><li><input type="checkbox"/> Energy bars/Peanut butter</li><li><input type="checkbox"/> Dried fruits</li><li><input type="checkbox"/> Ready-to-eat meals (MREs)</li></ul>
<input type="checkbox"/>	<b>First Aid Kit:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Adhesive bandages</li><li><input type="checkbox"/> Gauze pads and tape</li><li><input type="checkbox"/> Antiseptic wipes</li><li><input type="checkbox"/> Tweezers &amp; Scissors</li><li><input type="checkbox"/> Pain relievers (ibuprofen, acetaminophen)</li><li><input type="checkbox"/> Personal medications(keep extra supplies)</li></ul>	<b>Emergency Tools:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Flashlights with extra batteries</li><li><input type="checkbox"/> Multi-tool or Swiss army knife</li><li><input type="checkbox"/> Whistle (to signal for help)</li><li><input type="checkbox"/> Manual can opener (if using canned food)</li></ul>
<input type="checkbox"/>	<b>Clothing &amp; Bedding:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Warm clothing (hats, gloves, socks)</li><li><input type="checkbox"/> Sturdy shoes</li><li><input type="checkbox"/> Space blankets (one for each family member)</li><li><input type="checkbox"/> Sleeping bags or lightweight blankets</li></ul>	<b>Hygiene Supplies:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Moist towelettes or hand sanitizer</li><li><input type="checkbox"/> Toilet paper &amp; hygiene products</li><li><input type="checkbox"/> Trash bags (for waste disposal)</li></ul>
<input type="checkbox"/>	<b>Communication Supplies:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Battery-operated or hand-crank NOAA Weather Radio</li><li><input type="checkbox"/> Portable phone charger or power bank</li><li><input type="checkbox"/> Notepad and pen</li></ul>	<b>Personal Items:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Copies of important documents (ID, insurance, medical records)</li><li><input type="checkbox"/> Spare cash (in small denominations)</li><li><input type="checkbox"/> Local map</li><li><input type="checkbox"/> Emergency contact information</li><li><input type="checkbox"/> Spare cash: In small denominations</li></ul>
<input type="checkbox"/>	<b>For Pets:</b> Extra pet food and water. Leash and crate if needed	<b>For Children:</b> Include toys or comfort items to help them cope.