

## **District Health Department #10 Home Emergency Supplies Checklist**

**Water:** 3-day supply of water

- One gallon per person, per day

**Food:** 3-day supply of non-perishable food per person

- Canned meats, fruits, vegetables, soups
- Milk, powdered or canned
- Juices, powdered or canned
- Smoked or dried meats, cereals, crackers
- High energy foods – peanut butter, nuts, trail mix, candy, cookies

**Clothing & Bedding:** One complete change extra clothing per person

- Sturdy shoes or boots
- Warm socks, hats, gloves, thermal underwear
- Rain gear, sunglasses
- Blankets or sleeping bags

**First Aid Kit:**

- Sterile bandages, gauze, tape, gloves
- Scissors, tweezers, needles, safety pins
- Soap, antiseptic cleanser, moist towelettes
- Petroleum jelly, antibiotic ointment, insect repellent
- Sunscreen, cold pack, pain/fever reliever

**Sanitation Supplies:**

- Personal hygiene items
- Plastic garbage bags and ties, plastic bucket with tight lid
- Spray disinfectant, bleach, water purification tablets
- Moist wipes and toilet paper

**Special Items:** Infants, elderly, other special needs

- Baby formula and juice, bottles
- Diapers and wipes
- Medications
- Extra eyeglasses, contacts, sunglasses, hearing aid batteries
- Any other special needs items

**Tools & Equipment:**

- Small battery-powered radio with extra batteries
- Flashlight with extra batteries and bulbs
- Matches in waterproof container
- Whistle, signal flare, fire extinguisher
- Aluminum foil, plastic wrap and bags
- Cooking and eating utensils, manual can opener
- Plastic sheeting and duct tape
- Small shovel, utility knife, other tools
- Paper cups, paper towel
- Extra set of car and house keys

**Paperwork:** Copies of important family documents

- Personal and Family Emergency Plan
- Other important phone numbers
- Small amount of cash, change, and a credit card
- Maps – state, county, city
- Passports, social security cards, birth, marriage, death certificates
- Insurance policies, wills, deeds, personal property inventory
- Immunization records, other medical records
- Savings and checking account numbers