

3-Day Emergency Supply Checklist

Get a Kit

When disaster strikes, immediate help may not be available. Every household should have an emergency kit with enough supplies to see you through three days following a natural disaster, health or manmade emergency.

Start out thinking about the basics of survival — fresh water, food, safety, warmth, sanitation and clean air.



For Everyone

- o Water (3 gallons per person for drinking and sanitation)
- o Non-perishable food
- o Manual can opener (if kit contains canned food)
- o Battery-powered NOAA Weather Radio and a commercial radio or hand crank radio
- o Flashlights and extra batteries
- o Sleeping bag or warm blanket for each person
- o First aid kit and emergency medical reference manual
- o Prescription medications and eyewear
- o Mess kits, paper cups, plates and plastic utensils, paper towels, moist towelettes, garbage bags and ties
- o Complete change of clothing, including a long-sleeved shirt, long pants, socks and sturdy shoes — add outdoor gear in winter
- o Cash in small denominations or traveler's checks and change
- o Copies of important family documents, such as insurance policies, identification and bank account records in a waterproof, portable container
- o Wrench or pliers to turn off utilities
- o Matches in a waterproof container
- o Household chlorine bleach and medicine dropper (When diluted nine parts water to one part bleach it can be used to disinfect)
- o Dust mask (to help filter contaminated air) and plastic sheeting/duct tape (to shelter

where you are)

- o Local maps
- o Books, games, puzzles or other activities for children
- o Paper and pencil
- o Fire Extinguisher
- o Whistle to signal for help

For Pets

- o Identification tags on collars
- o Medications and veterinary immunization records
- o Food, drinking water, bowls, cat litter/pan and can opener
- o Sturdy leashes or carriers to transport pets safely (Carriers should be large enough for the pet to stand up, turn around and lie down)
- o Towels or blankets
- o Current photos of you with your pets
- o Feeding schedules, medical conditions, behavior problems, and the name and phone number of your veterinarian
- o Pet beds and toys

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For Baby

- o Formula
- o Bottled water to mix with formula and to wash bottles
- o Bottles
- o Blankets (both emergency blankets and receiving blankets)
- o Diapers – keep the diaper size current
- o Disposable wipes
- o Copy of immunization records and other medical information
- o Bath towels and wash cloths
- o Burp cloths, bibs
- o Cotton swabs
- o Medications
- o Diaper rash ointment
- o Binkies and toys

Food Suggestions

- o Salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- o Ready-to-eat canned meats, fruits and vegetables
- o Canned juices, milk, soup (if powdered, store extra water)
- o Staples--sugar, salt, pepper
- o High energy foods--peanut butter, jelly, crackers, granola bars, trail mix
- o Vitamins
- o Foods for infants, elderly persons or persons with special dietary needs
- o Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

Pack a can of Sterno if you want to heat your food. If you plan to use a barbecue grill, don't use it indoors.

First Aid Kit Suggestions

Consider taking a first aid class, through the American Red Cross.

Things you should have:

- o Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- o Sterile dressings to stop bleeding.
- o Cleansing agent/soap and antibiotic towelettes to disinfect.
- o Antibiotic ointment to prevent infection.
- o Burn ointment to prevent infection.
- o Adhesive bandages in a variety of sizes.
- o Eye wash solution to flush the eyes or as general decontaminant.
- o Thermometer
- o Scissors
- o Tweezers
- o Tube of petroleum jelly or other lubricant
- o Aspirin or non-aspirin pain reliever
- o Anti-diarrhea medication
- o Antacid (for upset stomach)
- o Laxative
- o Cold medications