

Emergency Kit Checklist

Are
You
Prepared?

General emergency supplies

- Enough food and water (1 gallon/day/person for drinking and sanitation) to stay in your home for an extended period of time.
- Change of clothing
- First Aid kit
- Battery-powered flashlight, radio
- Extra batteries
- Blankets or sleeping bag
- Disinfectant hand solution
- Extra medications, extra pair of glasses
- Rain gear (poncho)
- Special items for infants, elderly or disabled family members
- Important family information, including medical information
- Personal identification and contact information
- Tools, can opener, and work gloves
- Candles and matches/lighter
- Extra set of car keys
- Family communication plan
- Cash or credit cards
- Personal care items
- Garbage and plastic bags and ties
- Games, books, cards
- Whistle

Flu supplies (store with your Emergency Kit)

A person who has any type of flu should be kept clean, dry, warm, and hydrated.

- Pain reducer like ibuprofen or acetaminophen
- Cough medicine
- Antacid
- Antihistamine for nasal congestion, allergies or itching
- Tissue
- Automatic blood pressure cuff
- Thermometer
- Instant chicken soup
- Tea or juice
- Sports drinks for rehydration