Emergency Kit Checklist

Several days of supplies at home, plus a grab-and-go bag for each person.

WATER, FOOD AND HEALTH

- [ ] Water: 1 gallon per person per day, for several days
- [ ] Nonperishable food and a manual can opener
- [ ] First aid kit
- [ ] Prescription medicines (7-day supply)
- [ ] Glasses, hearing aid batteries, medical devices
- [ ] Infant formula, diapers and wipes
- [ ] Pet food, water, leash and carrier

LIGHT, POWER AND TOOLS

- [ ] Flashlights and extra batteries
- [ ] Battery or hand-crank radio
- [ ] Phone chargers and a power bank
- [ ] Whistle to signal for help
- [ ] Wrench or pliers to turn off utilities
- [ ] Fire extinguisher
- [ ] Local maps

CLOTHING AND SHELTER

- [ ] Sturdy shoes, gloves and a change of clothes
- [ ] Blankets or sleeping bags
- [ ] Dust masks and N95 respirators
- [ ] Plastic sheeting and duct tape
- [ ] Moist towelettes, garbage bags and ties
- [ ] Helmets for a tornado shelter

MONEY AND DOCUMENTS

- [ ] Cash in small bills
- [ ] Copies of IDs, insurance policies and medical information
- [ ] Encrypted scans of important documents stored online
- [ ] A written list of emergency contacts

TWICE A YEAR

- [ ] Check the kit when the clocks change
- [ ] Replace expired food, water and medicine
- [ ] Test smoke and carbon monoxide alarms
- [ ] Review your evacuation routes and meeting place

> A new federal flood insurance policy generally takes effect 30 days after you apply and pay. Don't wait for the forecast.

SOURCES

Ready.gov: Build a Kit: https://www.ready.gov/kit

42 U.S.C. § 4013(c) (flood insurance waiting period): https://www.law.cornell.edu/uscode/text/42/4013

The full guide: Emergency Preparedness Guide · examinedlife.us/products/emergency-preparedness-guide/

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