

# EMERGENCY SUPPLIES CHECKLIST



## Basic guidelines for building emergency supply kits:

- You should be prepared to be self-sufficient for at least three days following a disaster.
- Build kits for your home, work, and car.
- Kits should be kept in a designated place and ready to "grab and go" if you need to leave quickly.
- Possible containers include, but are not limited to, a large covered trash container, a backpack, or a duffle bag.

## Recommended items to include in an emergency supply kit:

### Water

- One gallon per person per day for drinking
- One half gallon per person per day for food preparation and basic hygiene
- A three-day water supply is minimum, a two week supply is recommended

### Food

- At least a three-day supply of nonperishable food
- Sugar, salt, and pepper

### Sanitation and Hygiene Items

- Washcloth, towel, towelettes, and soap
- Liquid detergent
- Toothpaste and toothbrushes
- Shampoo
- Deodorant
- Comb and brush
- Razors and shaving cream
- Lip balm
- Insect repellent
- Mirror
- Feminine supplies
- Heavy-duty plastic garbage bags and ties
- Toilet paper and facial tissue
- Medium-size plastic bucket with tight lid
- Household liquid bleach to treat drinking water
- Water purification kit
- Medicine dropper
- Shovel (for digging latrine)

### First-Aid Supplies

- First-aid manual
- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agents (isopropyl alcohol, hydrogen peroxide, antiseptic wipes)
- Soap and germicidal hand wipes or waterless alcohol-based hand sanitizer
- Antibiotic ointment
- Latex gloves (2 pairs)
- 2- and 4-inch gauze pads (4-6 each size)
- Triangular bandages (3)
- 2- and 3-inch sterile roller bandages (3 each)
- Cotton balls
- Scissors (small, personal)
- CPR breathing barrier (face shield)
- Cold pack
- Adhesive tape, 2-inch width
- Tweezers
- Safety goggles
- Thermometer
- Tongue depressor blades (2)
- Petroleum jelly or other lubricant
- Sunscreen
- Aspirin and nonaspirin pain reliever
- Antidiarrhea medication
- Antacid (for stomach upset)
- Syrup of ipecac and activated charcoal (use if advised by the Poison Control Center)
- Laxative
- Vitamins
- Band-Aids

***Are you prepared to go it alone for at least three days?***



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## Tools and Emergency Supplies

- Radio (battery-powered or hand crank)
- Portable, battery-powered television
- Flashlight (battery-powered or hand-crank)
- Batteries
- Matches in a waterproof container
- Candles, light sticks, and signal flare
- Shut-off wrench, pliers, axe, and hammer
- Duct tape, rope, scissors, and razor blade
- Plastic sheeting
- Whistle
- A-B-C type fire extinguisher (small canister)
- Tent
- Garden hose for siphoning and firefighting
- Compass
- Dust masks and work gloves
- Paper, pens, and pencils
- Needles and thread
- Travel alarm clock (battery-powered)
- Manual can opener and all-purpose knife
- Cups, plates, utensils, & napkins (disposable)
- Aluminum foil and plastic wrap
- Re-sealable plastic bags and containers
- Small camping stove and cooking fuel

## Entertainment

*Based on the ages of family members*

- Games, cards, and books
- Portable music device

## Car Kit

- In addition to your basic kit, a car kit should contain flares, jumper cables, and seasonal supplies (tire chains, sunscreens, etc.)

## Clothing and Bedding

- One complete change of clothing and sturdy footwear for each household member
- Rain gear and sunglasses
- Hat, scarf, gloves, and thermal underwear
- Extra socks and underwear
- Blankets, pillows, and sleeping bag for each household member

## Specialty Items

*Remember to consider the needs of infants and children, adults and older persons, persons with disabilities or other access and functional needs, and pets.*

- Infants and children
  - Formula, powdered milk, and bottles
  - Diapers, wipes, and baby powder
  - Soap, medications, and pacifier
- Adults and older persons
  - Insulin and medical syringes
  - Prescription drugs
  - Denture needs
  - Extra contact lenses and supplies
  - Extra eye glasses and copy of prescription
  - Hearing aids and extra batteries
- Persons with disabilities or other access and functional needs
  - Personal Support Network Plan
  - Wheelchair batteries
  - Mobility aids
  - Oxygen tanks
- Pets
  - Food, water, and medications
  - Leash, collar with ID tags, pet carrier
  - Copy of registration and immunization record

## Household Documents and Contact Numbers

- Family Emergency Plan
- Cash, change, traveler's checks, and credit card
- Copies of important documents: birth certificate, marriage certificate, driver's license, social security card, passport, will, deeds, inventory of household goods, insurance papers, immunization records, bank and credit card account numbers, stocks, and bonds (store in a watertight and fire-safe container)
- Map of the area and phone book
- An extra set of car and house keys

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Montclair Fire Department  
8901 Monte Vista Ave.  
(909) 447-3540