

Emergency Plan Guide

Organizing to Protect Family, Home and Business



Emergency Supplies Checklist

It's a start

This list offers a good start to assembling essential emergency supplies. It is only a start, however. As you read through, you'll think of items YOU want to include that will make a difference to you, your family members, and your pets.

Print out the list and go over it with your children or other family members. It's a great way to get them involved in planning and being prepared to act in an emergency.

We've divided the checklist into three parts to make the work easier. All three need to be thought through and completed BEFORE the emergency hits. There will be no time to do any of this work afterwards.

Get more info

You can find more information on nearly all these items, including some recommendations for what to buy, at www.EmergencyPlanGuide.org. We also recommend you contact your local city or county disaster planning centers for important details about your own community, its risks and resources.

Basic Emergency Supplies (3-day emergency)

- First aid kit
- Fire extinguisher/s
- Emergency radio
- Flashlights or lanterns – with extra batteries
- Water – one gallon of water per day per person
- Personal water purification “straw”
- Food – extra supplies of your favorite canned foods or instant (no cook) meals and snacks
- Mylar space blanket
- Whistle – signal for help or keep in touch
- Cash – small denominations
- Local maps – GPS or Google may be down

- Tools – crowbar, gas shut-off wrench, multi-purpose tool, hammer, duct tape
- Camping supplies – matches in waterproof container
- Utensils – disposable or non-breakable plates, cups, tableware
- Clothing – work gloves, rain gear, towels
- Bedding – extra blankets, space blankets
- Sanitation supplies – toilet paper, heavy duty trash bags for human waste
- Personal care items – sanitary napkins, medicines, extra glasses (contact lens solution), toothbrush & tooth paste, soap/wet wipes, hearing aid batteries
- Paper, pens – for communicating with others
- More _____
- More _____
-

Shelter-in-Place (10-day to 2-week emergency)

- Everything from above
- Four times more water, long-term food, sanitation supplies
- Medicine – 14 day supply (Sometimes very hard to get. Work with your doctor.)
- Cooking items – camp stove and fuel, pots, bowls; fire starter, matches in waterproof container
- Emergency shelter – tarp, tent, nylon cord
- Plastic sheets and tape -- to seal spaces for comfort or protection
- Tools – knife, hammer, nails, saw (power tools if source of power)
- Emergency communications – handheld radios (walkie-talkies)
- Recharge capacity for radios, phones, lights
- Books, games for children
- Generator – needs fuel, too
- More _____
- More _____
-

Evacuation

- Bag/backpack for storing your evacuation kit – a size/weight you can handle
- Separate pet container with leash, pet food, contact numbers
- Keys – extras for cars, house, office
- Flashlight – extra batteries

- Emergency radio
- Food and water supplies for duration of trip
- Extra clothing, blankets
- Personal care items from lists above
- A few books, games, favorite toy
- Other valuables – computer, photos
- Important papers – contact names and numbers (family, legal, business); copies of ID, social security number, credit cards, passport, insurance, home and car ownership papers, birth, marriage, death and divorce certificates, wills, deeds, loans; medical records

(NOTE: Originals of many or most of these documents can be stored in a safe deposit box at your bank. You can scan and save copies on a flash drive, too. You are unlikely to be able to carry all these originals with you!)

- More _____
- More _____
-



*Even if you are well-prepared, your chances of a safe survival are threatened if others around you are **NOT** prepared. **Emergency Plan Guide** helps organize teams in your neighborhood and workplace. Please share this checklist with friends, family and colleagues, and encourage them to **subscribe for more free tools at:** <http://www.EmergencyPlanGuide.org>*