



# Home Emergency Readiness

## YOUR BASIC SHELTERING AT HOME EMERGENCY KIT CHECKLIST



### FOOD & WATER

You may not be able to rely on what's in your freezer or fridge, so stock up on non-perishable items that don't require cooking like:

- Water - 1 gallon per person per day (that's 3 gallons each for 72 hours)
- Canned and/or dried fruit
- Canned meats or fish
- Crackers
- Peanut Butter



### EQUIPMENT

- Batteries** - replace every 6 months
- Battery-operated radio** with extra batteries
- Duct tape**
- Trash bags** and/or Plastic bags (These can be handy for all kinds of things)
- Flashlight**
- Manual can opener**
- Matches or **lighter**



### PERSONAL CARE

- Prescription medications and supplies
- Hand sanitizer**
- Toilet paper and **paper towels**
- Toothbrush and toothpaste
- Feminine sanitary supplies - if needed



### FIRST AID KIT

You may want to buy a **ready-made kit**, but if you prefer to assemble your own include:

- Adhesive bandages**
- Antibiotic cream/gel**
- Burn ointment
- Disinfectant
- Gauze
- OTC Pain Reliever
- Surgical masks**
- Sterile gloves** (2-3 pairs)
- Thermometer



### SPECIAL CASES

- Baby supplies - Diapers, wipes, formula, bottles, etc...
- Pet food** and supplies (plus additional water)



### ADDITIONAL ITEMS

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