

## Emergency Kit Supply List

### ESSENTIALS (enough for one week's supply)

- o Water (1 gallon per person per day; 1 week's supply)
- o Water storage container, long-term (15 gallon or larger)
- o Water purification supplies: filter or tablets
- o Water preserver treatment
- o Fire extinguisher (A-B-C type)
- o First aid kit (see contents list below)
- o Non-perishable food (MREs, canned, dry mixes)
- o Can opener (manual)
- o Blankets and/or sleeping bags
- o Portable radio (crank or solar)
- o Flashlights and batteries
- o Prescription medication
- o Extra eyeglasses
- o Extra house and car keys
- o Pet supplies (see below)
- o Cash and change
- o Infant supplies

**FIRST AID KIT** (click to see our selection of pre-made first aid kits)

### Basic Supplies:

- o Adhesive bandages in multiple sizes
- o Antibacterial ointment
- o Antihistamine
- o Antiseptic wipes
- o Blister treatment
- o Butterfly bandages/wound-closure strips
- o First Aid manual
- o Gauze pads
- o Ibuprofen/pain-relief medication
- o Insect sting relief ointment
- o Medical adhesive tape
- o Nonstick sterile pads
- o Safety pins
- o Tweezers, fine-point

### Wound Care:

- o Elastic wrap
- o Cleansing pads with topical anesthetic
- o Liquid bandages
- o Rolled gauze

### Medication/Treatments:

- o Antacid tablets
- o Aspirin (primarily for response to a heart attack)
- o Glucose or other sugar to treat hypoglycemia
- o Hand sanitizer
- o Injectable epinephrine
- o Lubricating eye drops
- o Oral rehydration salts
- o Poison ivy/poison oak preventative and treatment
- o Prescription medications
- o Throat lozenges

### Other supplies:

- o Bandage shears
- o Cotton-tipped swabs
- o Finger splints
- o Insect repellent
- o Lip balm, sunscreen
- o Magnifying glass
- o Medical gloves (nitrile and latex)
- o Mylar blankets
- o Oral thermometer
- o SAM splint
- o Small mirror
- o Waterproof container to hold supplies

### COOKING

- o Plastic utensils
- o Plastic plates, cups
- o Paper towels
- o Camp stove
- o Fuel for camping stove
- o Small cooking pot set
- o Aluminum foil

### TOOLS & SUPPLIES

- o Axe
- o Broom and dustpan
- o City/area map
- o Coil of rope
- o Duct tape

- o Gas & water shutoff wrench
- o Headlamp and batteries
- o Needle-nose pliers with wire-cutter
- o Pocket knife and/or multi-tool
- o Shovel
- o Staple gun
- o Tool kit: multi-bit screwdriver, pliers, hammer

#### **PET SUPPLIES**

- o Blanket
- o Bowls for water and food
- o Carrier for each pet
- o Disposable bags
- o Extra collar and leash
- o Food
- o Litter and tray
- o Medications
- o Pet first aid kit
- o Recent photos (in case pet becomes lost)
- o Toys/bones
- o Rabies certificate and license
- o Veterinary records (including vaccinations)
- o Water

#### **COMMUNICATION**

- o Cell phones & chargers (car, solar or manual/crank)
- o Copies of important family documents (insurance policies, property records, bank account information)
- o Copies of important identification documents: driver's license, birth certificate, passport
- o External battery charger
- o Names and telephone numbers:
  - police, fire, paramedics, and nearby medical centers
  - Neighbors
  - Landlord or property manager
  - Electric, gas, and water companies
- o Important medical information, such as allergies, regular medications, etc.
- o Vehicle identification number (VIN), year, model, and license number of your automobile, boat, RV, etc.
- o Bank or credit union telephone number, online banking login information, your account types, and numbers
- o Local radio and television broadcast stations to tune to for emergency broadcast information

#### **SAFETY AND COMFORT**

- o N95 masks
- o Sturdy shoes
- o Candles
- o Matches/lighters
- o Heavy duty work gloves
- o Garden hose for siphoning or fire-fighting
- o Change of clothing
- o Light sticks
- o Knife or razor blade/box cutter
- o Tent with rain fly
- o Whistle

#### **SANITATION**

- o Trash bags, plastic
- o Trash cans
- o Shampoo and body wash
- o Biodegradable soap
- o Collapsible sink or wash basin
- o Bleach (can be used as disinfectant or water preserver)
- o Feminine hygiene supplies
- o Tarp
- o Poncho
- o Moist towelettes
- o Toothpaste/toothbrush
- o Toilet paper