

Emergency Supply List

Your family should plan on what you need to eat, sleep, cook, and survive, with or without the comfort of your home, for a minimum of 3 days.

Cooking

- cups, plates, utensils
- paper towels
- manual can opener
- alternate cooking source and fuel
- bleach & eye dropper to purify water
- waterproof matches

Sleeping

- sleeping bag or space blanket
- pillows
- tent

Personal care

- soap
- shampoo
- toothbrush & paste
- feminine hygiene products
- eyeglasses and sunglasses
- contact lenses, case, cleaner
- dust mask
- bug repellent
- baby wipes
- toilet paper
- tissues
- portable toilet or bucket with lid
- plastic trash bags & baggies

Clothing

- sturdy shoes
- work gloves

Tools

- wrench (to shut-off gas & water)
- duct tape
- shovel
- flashlight & batteries
- crank radio
- rope

Food

- canned fruit
- canned vegetables
- canned meat, pasta, stew
- dried fruits and trail mix
- dry cereal
- crackers
- canned tuna
- peanut butter
- powdered milk
- tea bags, instant coffee
- baby food or formula
- pet food
- water (min of 1 gal per person per day)

First Aid

- Band-aids
- ace bandages
- rolled gauze
- hydrogen peroxide
- antibiotic ointment
- aspirin, benadryl
- diarrhea medicine
- eye drops and eye wash
- prescriptions
- cotton-tipped swabs
- gauze pads & tape
- sunscreen
- tweezers
- disposable gloves
- instant cold pack
- first aid manual
- pocket knife
- thermometer

Miscellaneous

- cash
- photos of pets and loved ones