



KEEP  
CALM  
AND  
BE  
PREPARED

## EMERGENCY KIT Checklist

Create an emergency kit for your home, office, school or vehicle:

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First-aid kit (whistle, antibiotic ointment, bandages, face masks, gloves and reference book)
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items, including bleach
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket, extra clothes, sleeping bags
- Map(s) of the area
- Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:
  - Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
  - Baby supplies (bottles, formula, baby food, diapers)
  - Games and activities for children
  - Pet supplies (collar, leash, ID, food, carrier, bowl)
  - Two-way radios
  - Extra set of car keys and house keys
  - Manual can opener

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**Centers for Disease  
Control and Prevention**  
Office of Public Health  
Preparedness and Response