

## **Emergency Preparedness Checklist**

### **Basic Food ( one year supply)**

**Fruit & Vegetables - 370 lbs per person  
(Dried fruits & Vegetables can reduce the weight to about 90 lbs per person)**

**Grains (Wheat, Rice, Corn, other Cereal Grains) - 300 lbs per person**

**Nonfat Dry Milk - 75 lbs per person**

**Dried Legumes - 60 lbs per person**

**Sugar or Honey - 60 lbs per person**

**Salt - 5 lbs per person**

**Fat or Oil - 20 lbs per person**

### **Optional Food ( one year supply)**

**Comfort/stress foods (cookies, candy, breakfast cereals, soda pop, instant coffee, tea bags, cocoa, etc.)**

**Dried spices (choose the spices your family likes)**

**Juices (canned or powdered, kool-aid)**

**Vitamins**

**Baking powder**

**Bouillon (beef & chicken)**

**Pasta (spaghetti, macaroni, lasagna, etc)**

### **Basic & Optional Supplies**

**Cooking & Eating Utensils (pots, pans, plates, cups, forks, spoons, knives, etc.)**

**Can Opener ( no electricity required)**

**Flashlights with Extra Batteries**

**Swiss Army Knife**

**Multi-Purpose Tool Box**

**Matches & Lighters (some waterproof/windproof)**

**Candles and Oil Lamps**

**Chemical Light Sticks**

**Fire Extinguisher**

**Rope**

**Aluminum Foil**

**Plastic Buckets (plenty of extra buckets on hand)**

**Sewing Kit (needles, thread, scissors, etc)**

**Smoke Alarms (Extra Batteries)**

**Shut off Wrenches (Water, Gas, etc.)**

**Baby Supplies (bottles, bottle liners, wipes, diapers, ointments, etc.)**

**Rolls of Plastic Sheeting (solar stills, shelter, roof leak repair, many uses)**

**Toilet Paper**

**Hygiene Supplies (toothpaste & brushes, floss, deodorant, razors, shave cream, hydrogen peroxide, shampoo, etc.)**

**Feminine Hygiene Supplies (may want to consider the Keeper)**

**Cleaning Supplies (soap, detergents, disinfectants, chlorine bleach, garbage bags)**

**Extra Personal Items (contacts & solution, eyeglasses, dentures, retainers,**

**Pet supplies (food, litter, vaccines, etc.)**

**Communications**

**CB Radio/walkie-talkies**

**Radio Frequency Scanners**

**AM/FM radio with weather band (battery Operated) (High powered reception)(Plenty of extra Batteries)**

### **First Aid Kit**

**syrup of ipecac Band-Aids - assorted sizes  
nylon or paper tape butterfly bandages (3 - make with 1 " adhesive tape)  
adhesive tape - 1" wide gauze - 2" wide  
cotton - tipped swabs telfa sterile pads (4)  
gauze sterile pads 4"x4" (10) sterile eye pads (2)  
magnifying glass (remove splinters ~ dirt in eyes) tweezers  
flashlight (light outage ~ check pupils) needle (remove splinters)  
antibacterial ointment (bacitracin ingredient) sharp, blunt end scissors  
ammonia inhalant (fainting) calamine lotion (insect bites, poison iv)1  
children's aspirin & liquid acetaminophen - only as directed by a physician  
petroleum jelly (helps prevent nosebleeds, lubricate thermometer) hydrogen  
peroxide (cleans wounds after initial cleansing, keep away from eyes) iodized salt  
(heat exhaustion, ltsp. Salt in qt. Water) plastic drinking cups  
ace bandage (3" wide) safety pins  
thermometer (rectal for under 4 years of age) large clean cloth (to restrain child or  
for burns) tape measure (length of wounds)  
rubbing alcohol (remove ticks) bar soap, non-perfumed  
insect kit (if history of severe allergies) baking soda (soothes insect bites)**

### **Medical**

**Special Equipment (if anyone has special equipment needs gear up)**

**Special Conditions (if anyone has special conditions gear up on supplies)**

**Prescriptions (see if your Doctor will write up extra prescriptions?)**

### **Money**

**Cash (one month supply)**

### **Power & Heat**

**Batteries - (plenty of extra batteries for everything you can think of)**

**Generator & Fuel**

**Wood Burning Stove**

**Kerosene Heaters**

**Warming Pads for hand/body**

**Other Alternate Heat Sources** (battery powered carbon monoxide detector)

**Extra blankets & sleeping bags and winter clothing**

**Dogs are a good heat source**

## **Water**

**Water Storage Containers** (1,5,55 gallon etc.)

**Water Filters / Purification Systems**

**Water Purification Tablets**

**Bleach for Water Purification**

**Solar Water Stills**

## **Other**

**Anything else you can think of that you might need or want!**