

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!