



Prepare for the unexpected™

Disaster Supplies Checklist

Date _____

The following list is to help you determine what to include in your disaster supplies kit that will meet your family's needs for a minimum of 72 hours.

First Aid Supplies	Home (✓)	Auto (✓)	Office (✓)
Adhesive Bandages, various sizes			
5" x 9" sterile dressing			
Conforming roller gauze bandage			
Triangular bandage			
3" x 3" sterile gauze pads			
4" x 4" sterile gauze pads			
Roll 3" cohesive bandage			
Germicidal hand wipes or waterless, alcohol-based hand sanitizer			
Antiseptic wipes			
2 pair large, medical grade, non-latex gloves			
Tongue depressor blades			
Adhesive tape, 2" wide			
Cold pack			
Scissors (small)			
Tweezers			
Assorted sizes of safety pins			
Cotton balls			
Thermometer			
Tube of petroleum jelly or other lubricant			
Sunscreen (SPF min.)			
CPR breathing barrier			
First aid manual			
Aspirin			
Acetaminophen, non-aspirin			
Burn gel			
Eye wash solution			
Triple antibiotic ointment			
Epinephrine auto injector (EpiPin)			

Infant Supplies	(✓)	Infant Supplies	(✓)
Formula		Disposable diapers	
Feeding Bottle		Baby food	
Pacifier		Juices	
Soap		Infant/child anti-diarrhea medication	
Baby powder		Blanket	
Baby wipes		Hat	
Medications			



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Food and Water (for up to 72 hours)	Home (✓)	Auto (✓)	Office (✓)
Water (up to 1 gallon per day per person)			
Ready-to-eat meals (or MREs)			
Water purification tablets or other purification system			
Canned or boxed juices, milk, soup			
High energy foods such as peanut butter, jelly, low-sodium crackers, granola bars and trail mix			
Special diet and infant foods			
Cookies, hard candy			
Instant coffee or tea			
Cereals			

Non-Prescription and Prescription Medications	Home (✓)	Auto (✓)	Office (✓)
Anti-diarrhea medication (tablets)			
Antacids			
Laxative			
Vitamins			
Prescriptions			
Extra eyeglasses/contact lenses			
Contact lens storage case			
Contact lens solution			
Asthma medication/inhaler			
Diabetic medications/tester			
Denture storage and cleaners			
Syrup of Ipecac (if advised by Poison Control Center)			
Activated Charcoal (if advised by Poison Control Center)			

Clothing and Bedding Supplies	Home (✓)	Auto (✓)	Office (✓)
Complete change of clothes (appropriate for season)			
Sturdy shoes or boots			
Rain gear			
Hat and gloves (appropriate for season)			
Extra socks			
Extra underwear			
Thermal underwear (if needed)			
Blankets/sleeping bags and pillows			
Container or bag(s) to carry items			



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Sanitation and Hygiene Supplies	(✓)	Sanitation and Hygiene Supplies	(✓)
Washcloth and towel		Plastic garbage bags, heavy duty with ties for sanitation	
Towelettes, soap		Toilet paper	
Toothpaste, toothbrushes		Plastic bucket with lid (3-1/2 gal. min.)	
Shampoo, comb, and brush		Disinfectant and household chlorine bleach	
Deodorant		Shovel, small for digging a latrine	
Razor, shaving cream		Mirror	
Feminine supplies		Lip balm, insect repellent	
Hand sanitizer		Household Chlorine bleach	

Tools	(✓)	Kitchen Items	(✓)
Radio (or TV), portable battery powered and batteries capable of getting NOAA weather		Mess kits or paper plates, cups and plastic utensils	
Flashlight with spare bulb		Can/bottle opener, manual	
Signal flare or strobe light		Knife, all-purpose	
Matches, waterproof or disposable butane lighter		Sugar, salt pepper	
Wrench, gas shut-off		Aluminum foil	
Duct tape		Paper towels or napkins	
Plastic sheeting		Plastic wrap	
Whistle		Bags, plastic and resealable	
Fire extinguisher, ABC type, small		Stove, small with fuel	
Tube tent		Ice chest for perishables/medications	
Compass		Comfort Items	
Gloves, work with leather palm		Games	
Paper, pens and pencils		Cards	
Sewing kit, mini		Books	
Alarm clock, battery powered		Toys	
Spare batteries (all sizes for flashlights and radio, etc.)		Snack foods	
Multi-use tool (screwdrivers, pliers, knife, wire cutters, etc.)		Sunglasses	
Plastic tarp		Hats	
Rope, 1/2", 50' to 100' length			
Axe or tree saw			
Broom, dust pan			



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Documents and Keys	(✓)
Personal identification	
Current photos of individual family members and pets	
Cash and coins	
Credit cards	
Extra set of keys (e.g., house, car, mailbox, safe deposit box, PO box, gate locks, desks, auto spare tires, boats, RVs)	
Copies of the following:	
- Birth certificates	
- Marriage certificate	
- Death certificate(s)	
- Driver's licenses	
- Social security card	
- Passports	
- Wills/Living trust contact	
- Deed of Trust (or utility bill to prove residence)	
- Diplomas, business licenses, professional registrations	
- Computer and Web site user names/passwords	
- Inventory of household goods (list or video)	
- Insurance policies (home, auto, life, animal)	
- Immunization records	
- Prescriptions and doctor names	
- Bank savings, checking and ATM account numbers and Customer Service numbers to cancel (if lost)	
- Credit card account numbers and Customer Service numbers to cancel (if lost)	
- Stock and bond certificates or investment account numbers (and contact phone numbers)	
- Emergency contact list and phone numbers	
- Map of area, evacuation locations, and Family Communications Plan	
- Important contracts	

Pet Supplies (up to 72 hours)	(✓)	Pet Supplies (up to 72 hours)	(✓)
Collar and leash		Plastic bags to clean up after pets	
Water and food		Blanket	
Vaccination records/ID tags		Toys	
Water and food bowls		First aid kit (appropriate for animal)	
Medications		Photos of pet/animal (from both sides)	
Travel box/cage			