

# Emergency Supplies Checklist Ideas

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For most emergencies expect to keep at least enough food to feed each person in your household for 3-5 days.

## NON-PERISHABLE FOODS & BEVERAGES

- Canned soups with pull tab
- Canned meat with pull tab
- Tuna fish sealed pouch or pull tab
- peanut butter
- granola bars
- nuts
- dried fruit
- beef jerky
- trail mix
- canned vegetables with pull tab
- canned fruit with pull tab
- shelf-stable applesauce
- shelf-stable pudding
- peanut butter crackers
- cheese crackers
- Can opener for cans that don't have a pull tab
- Water – 1 gallon per person for day for drinking . Add more if you'll be using it for personal hygiene. A 5 day supply for a family of 4 would equal 20 gallons of drinking water

## OTHER ITEMS YOU'LL APPRECIATE HAVING

- Matches in a waterproof container
- Extra Batteries
  - AA
  - D
  - C
  - 9V
- Small Tool Kit with Pliers, Wrench, Screwdrivers
- Duct Tape
- Plastic Sheeting/Tarps
- Dust Masks
- Hand Cranked Radio
- Emergency Phone that doesn't require electricity
- Cell phone with charger
- Solar charger
- Whistle to signal for help
- Household Fire Extinguisher

- Household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.)
- Cash
- Maps

PAPER GOODS FOR MEALS: This becomes important when there is no water with which to wash dishes

- Paper plates
- Plastic cups
- Plastic utensils
- Paper towels
- Garbage bags (13 gal. for personal hygiene items and 30 gal. for normal garbage)

#### FIRST AID/MEDICATIONS

- First aid kit – see first aid kit checklist for items to be included
- First Aid Manual
- Prescription medication
- Over-the-Counter medication
- Glasses
- Hearing Aids

#### PERSONAL COMFORT

- Toothbrush
- Toothpaste
- Soap
- Feminine hygiene supplies
- Razor
- Towels
- Blankets/Sheets or Sleeping Bag
- Pillows

- Extra Clothing & Shoes appropriate for the weather
- Pet Food & Supplies

## IMPORTANT DOCUMENTS

- Drivers License
- Credit/Debit Cards
- Insurance Policies
- Bank Records
- Wills
- Passports
- Extra set of house keys and car keys
- Birth certificate
- Marriage certificate
- Social Security cards
- Deeds
- Inventory of household goods
- Immunization records
- Stocks and bonds
- List with Important Phone Numbers

## If You Have Prior Notice

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- Grab Some Cash – ATMs will not be working if there is no power
- Fill your cars with gas
- Fill your gas cans with gas
- Purchase enough water for each person to have 1 gallon of water for at least 3 days
- Have enough shelf stable food for 3 days for each person in your household
- Purchase batteries

Don't Wait – If you're in an area that is prone to natural disasters, please make sure you have your emergency supplies ready at all times. Better to prepare for the worst and not need it than to be left in a bind.

Here are some resources that will help you learn more, and assist you to create your own Emergency Supplies List to fit your unique needs and location:

<https://www.wunderground.com/prepare/disaster-supply-kit>

<https://www.ready.gov/build-a-kit>

<https://dps.mn.gov/divisions/hsem/emergency-preparedness/Pages/default.aspx>

<https://www.health.state.mn.us/communities/practice/resources/chsadmin/governance-emergency.html>