

Basic Needs and Supplies *(check off)*

- Three-day supply of nonperishable food *it is a good idea to include foods that do not need cooking (canned, dried, etc.).*
- Three-day supply of water *(one gallon per person, per day)*
- Battery-operated or crank-powered radio
- Flashlight with extra batteries and bulbs *(do not use candles)*
- First aid kit and manual
- Sanitation and hygiene items *(toilet paper, feminine products)*
- Matches in waterproof container
- Cell phone with an extra battery and charger (s)
- Whistle *(to attract the attention of emergency personnel)*
- One change of clothing
- Blanket
- Manual can opener
- Photocopies of personal documents/identification
- Insurance agent's name and number
- Cash and coins *(ATMs may not be accessible)*
- Pet supplies *(including food and vaccination records)*
- Map of the local area
- Extra set of keys *(car, house, etc.)*
- Plastic garbage bags
- Family and friends' emergency contact information
- Pack of cards to provide entertainment and pass the time

Cold Climate Supplies *(check off)*

- Jacket or coat
- Long pants and long-sleeve shirt
- Sturdy shoes
- Hat, mittens and scarf
- Sleeping bag or warm blanket

Supplies for Your Vehicle *(check off)*

- Flashlight with extra batteries and extra bulbs
- Maps
- First aid kit and manual
- Tire repair kit
- Jumper cables
- Flares
- Bottled water
- Non-perishable foods such as granola bars
- Winter:* Blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, florescent distress flag
- Summer:* Sunscreen lotion SPF 15 or higher, shade item *(umbrella, wide-brimmed hat, etc.)*