

Emergency Preparation Checklist

This year showed us that Mother Nature can wreak major havoc; from hurricanes and flooding, to fires and earthquakes. Are you prepared? Put setting up a survival station or kit for your home AND car on your MUST DO list so that you and your family are ready for the unexpected!

Designate a space in your home, close to the exit (garage or hall closet is best so you can grab it and load it in your car quickly and easily), for your station. Use large storage bins to store supplies together.

Food and Water:

- Water – 1 gallon/person/day (3 days minimum). FEMA suggests storing at least a 2-week supply.
- Store 3 days of shelf stable food. Canned or packaged foods that do not need to be either refrigerated nor cooked (enough for three meals per person, per day) (don't forget about any special food needs of specific family members)

** Don't forget a manual can opener for opening canned foods.

Babies and Pets:

- If you have a baby, any baby supplies necessary such as formula, baby food, diapers, wipes and/or bottles (and consider baby wipes in your supplies even if you don't have a baby -- great for quick clean ups when there is no running water)
- Pet food and extra water for your pets, pet carrier

Survival Kit/Tools:

- Battery powered radio, with extra batteries (or hand crank radio)
- Battery powered flashlight, with extra batteries (or a hand crank flashlight)
- Household chlorine bleach (unscented) 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.
- Whistle (used to signal for help)
- Pocket/Utility Knife
- Plastic garbage bags for trash and waste disposal
- Cell phone with chargers, inverter or solar charger.

First aid kit:

- Band-Aids (assorted sizes), cotton swabs, Q-tips, gauze, ace wrap
- Non Latex Gloves, Hand Sanitizer
- Neosporin, Wound Spray, Alcohol, Hydrogen Peroxide, Scissors, Tweezers
- Acetaminophen, Ibuprofen (adults & children), Aspirin, Benadryl, Anti-diarrheal
- Thermometer



Toiletries:

- Paper towels, toilet paper, soap, detergent, feminine hygiene products
- Toothbrush/toothpaste

Comfort Items:

- Playing cards/books/crossword puzzles/board games
- Pens/pencils
- Blanket or sleeping bag for each family member

Important Documents:

- Birth certificates, marriage certificates, social security/social insurance cards, passports, insurance policies... You should have all of these important documents (or at least copies of them) packaged together and accessible in case you need to grab things and go quickly.

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