

Emergency Supply List

Preparing ahead of time is the best way to ensure your family's safety and comfort!

Recommend using a water-resistant backpack with wheels or rolling case.

Note: Depending on the emergency event, you may be on foot and walking in uneven terrain so test your ability to lift and carry the pack when fully equipped. For example, flooding and tsunami evacuation may be on foot hiking up to higher elevations.

Keep a first aid kit and Go Bag at home, in each vehicle, and at your workplace and/or school. Possibly one bag for each in your household (get the children involved) and consider getting an animal pack for your dog.

Review your supplies twice a year (when you change your clocks) to rotate expired food, medications, and batteries.

Adjust your contents to your household's changing needs (e.g., growing children, aging adults, physical abilities).

Maintain a good supply of non-perishable food and water on hand at home to 'camp out' in place until help arrives. Pick up extra items when on sale and rotate first in, first out (FIFO).

Objective: You are ready to grab your pack and travel and survive for up to three days to get from your stranded vehicle or ruined home to a safe place. If it is only your vehicle that is involved and people will be looking for you, use this pack to support your stay in the vehicle while awaiting rescue. If this is a generalized disaster, such as an earthquake, you are your first responder as other people will not be available to assist. Grab your pack and stay safe.

Pack contents to consider:

Start with what you already have on hand and add as your budget allows. Check local thrift stores and watch for sales.

Medications (rotate each time you get refills)	Eyeglasses (spare prescription and/or reading glasses)
Hand sanitizer	Life Straw or Sawyer Mini filter or drinking water purification tablets
First aid kit	Couple bottles of water
Metal cups	Small roll of duct tape
Facial tissues or flattened roll of toilet paper (remove cardboard tube)	Aluminum foil
Rubber gloves	Cotton gloves

Fire starter/tinder	Storm proof matches
Metal match	Butane lighter
Small folding saw	Pocket knife
Dental floss (for cordage)	Space blanket
Large plastic garbage bag	Waterproof poncho
Flashlight, headlamp, and keychain flashlight on zipper pull plus batteries	Pencil and paper
List of personal information or flash drive with same	Cash – small denominations and coins
Instant drink mixes, i.e., tea, coffee, cocoa, cider, etc.	Suggest 12 meals per person such as: 3,000 calorie food bars, meals ready to eat aka MREs, freeze dried meals, peanut butter
Hard candy	Whistle
Multi pocket tool (Swiss Army or Leatherman	Can and bottle opener
Deck of cards	Dry bag
Solar lantern	Plastic zip lock bags
Waterproof tarp or ground cloth	Compass
Warm (wool) cap, gloves, and socks	Pet food and supplies i.e., leash, collar, bowl
Eating utensils	Sturdy footwear
Fowl weather pants and jacket	Small game
Extra house and vehicle keys	List of contacts names and numbers
Children's special small toy (if applicable)	Folding shovel
Emergency radio – weather and FM hand crank or with batteries	Clean water containers, plastic or metal
Light sticks	9 4 oz. water pouches per person
Foaming liquid soap	Wet wipes

Suggested medical and personal care items (travel/hotel size):

Dental floss	Soft dental wax	Cotton pellets
Temp filling material	Oil of clove (eugenol)	Small dental tweezers
Waterless wipes	Skin lotions	Toilet paper
Petroleum jelly	Disinfectant	Anti-bacterial soap
Disposable medical gloves	High proof alcohol	Femine products
Eye, ear, tooth & hair products	Hand warmers	Nail kit

Suggested over the counter medications for:

Headache	Diarrhea	Skin rashes
Fungal infections	Insect bites	Triple antibiotic ointment

Suggested first aid items:

Tweezers	Assorted sizes of band aids	Big safety pins
2 (2-4") elastic wrap	2 absorbent compresses	Sterile gauze pads
1in x 10 yds adhesive cloth	Antibiotic packets	Antiseptic wipe packets
Instant cold compress	OTC pain killer	Emergency blanket
Dust & respirator masks	Latex/rubber gloves	Thermometer
Triangle bandages	First Aid Instruction Quick Guide	Scissors