

## **Emergency Essentials Kit**

www.hcoem.org

## Print a copy of this emergency essentials list and take it with you to the store.

Food	Communication
☐ 5-day supply of non-perishable food that doesn't need cooking ☐ Hand-operated can opener ☐ Plastic plates, cups, utensils	<ul> <li>□ Portable, battery-powered radio</li> <li>□ Land-line phone with long cord</li> <li>□ Extra batteries for flashlights, lanterns, radio</li> <li>□ Extra cell phone battery or car charger</li> </ul>
Water	☐ Whistle
$\square$ 1 gallon of drinking water per person per day enough for 5 days	Family Safety Items
First Aid  Red Cross approved first aid kit Backup prescriptions for essential medications  Personal Hygiene Hand sanitizer or disinfectant wipes Toilet paper, paper towels, garbage bags Dental care and vision products Travel-size soaps and other beauty supplies	□ Smoke detector with battery for each floor □ Carbon monoxide detector with battery backup □ Fire extinguisher □ Non-scented bleach for sanitization □ Sunscreen □ Insect repellant □ Shovel and basic tools  Transportation Items
☐ Change of clothes, pair of shoes and blanket per person	☐ State and regional road maps ☐ Basic repair items (tools, tire patch kit, engine oil) ☐ Games, books, puzzles
Clean Air Items	Pet Needs
<ul> <li>□ Nose and mouth protection masks (N-95 rating)</li> <li>□ Plastic sheeting</li> <li>□ Duct tape</li> </ul> Baby Items	☐ 5-day supply of non-perishable pet food and water ☐ Cage or pet carrier and leash ☐ Pet medications and pet first-aid kit ☐ Current photo in case you are separated
☐ Formula, bottles, powdered milk ☐ Diapers ☐ Baby wipes ☐ Diaper rash ointment	☐ Cat litter and box☐ Pet bed and toys
Lighting	
☐ Flashlights for each family member with extra batteries ☐ Fluorescent lanterns for each common area ☐ Waterproof matches or a utility lighter	