

Family Disaster Checklist

Essentials

- Cell phone and charger
- This guide
- Battery-operated radio
- Flashlight
- Extra Batteries
- Cash
- Map of the area

Baby Needs

- Formula
- Diapers
- Bottles
- Medication
- Powdered milk

Medical Needs

- Insulin
- Prescription drugs in original containers
- Heart and high blood pressure needs
- Denture needs
- Extra eye glasses
- Contact lenses and supplies
- Doctor's phone numbers

Clothing & Bedding

- Plastic garbage bags, ties
- Sunglasses
- Rain gear
- Sturdy shoes or work boots
- Blankets or sleeping bags
- Complete change of clothing and footwear per person

Cooking Preparation

- Mess kits or paper cups, plates and plastic utensils
- Non-electric can opener, utility knife
- Barbecue for outdoor use only with charcoal and lighter, or sterno stove
- Pot or pan
- Manual can opener
- Barbecue utensils and cooking utensils

Entertainment

- Games & books

Safety

- First Aid Kit (one for your home and one for each car)
- Fire Extinguisher
- Whistle
- Compass

Food

- Minimum 7-day supply of nonperishable food that requires no refrigeration or preparation, and little or no water
- Dry cereal
- Peanut butter
- Canned fruits
- Canned vegetables
- Canned juice
- Ready-to-eat canned meats
- Ready-to-eat soups (not concentrated)
- Quick energy snacks
- Graham crackers

Important documents

- Important telephone numbers, i.e. family members, doctor, etc.
- Record of bank account numbers
- Family records (birth, marriage, death certificates)
- Inventory of household valuables with digital pictures and video
- Copy of will, insurance policies
- Records of credit card account numbers and companies
- Current Utility Bills

Pet Needs

- Food
- Leash
- Collar/harness
- Carrier
- Non-tip food and water containers
- Pet health records
- Pet medication

Water

- 1 gallon per person, per day, minimum, in a food-grade, plastic container
- Additional water for sanitation

Sanitation

- Disinfectant
- Household chlorine bleach
- Soap, liquid detergent
- Toilet paper, towelettes, paper towels
- Personal hygiene items
- Cloth towels (at least 3)
- Feminine supplies
- Plastic bucket with tight lid
- Plastic garbage bags, ties (for personal sanitation use)
- Hand Sanitizer

Supplies

- Insect Repellent
- Sunscreen
- Aluminum Foil
- Paper, Pencil
- Plastic sheeting and tarp
- Medicine dropper
- Needles, thread
- Matches in a waterproof container
- Plastic storage containers
- Ziplock bags

Tools

- Assorted nails, wood screws
- Pliers, screwdriver, hammer
- Heavy rope
- Tape, duct tape and plumber's tape or strap iron
- Patch kit and can of seal-in-air for tires
- Shut off wrench to turn off household gas & water

You may include

- Family photos
- An external hard drive
- Jewelry