

EMERGENCY PREPAREDNESS CHECKLIST

GENERAL CHECKLIST



This checklist should help you prepare for natural disasters and/or emergencies before they occur and includes general items you may want to include in your **GO BAG** (if you need to evacuate) or **HOME KIT** (if you are home and have to wait on emergency assistance after a natural disaster). Pack your **HOME KIT** with supplies for at least five days, so you and your family can be prepared with the necessary supplies to survive independently until you can receive emergency assistance. Also see the **DISABILITY CHECKLIST**, provided in the *Be Prepared, Have a Plan: Emergency Preparedness Toolkit*, for other items you might want to include in your **GO BAG** or **HOME KIT**.

EMERGENCY ITEMS

- Important documents (see **IMPORTANT DOCUMENTS CHECKLIST**, included in the *Be Prepared, Have a Plan: Emergency Preparedness Toolkit*)
- Medications and extra medications
- Medical tags (bracelet / necklace / ankle bracelet)
- Water (1 gallon / person / day)
- Food (non-perishable)
- Food (Special Dietary Needs)
- Can opener
- Flashlight or lantern (hand-crank or solar type; otherwise make sure you pack a supply of new batteries)
- Batteries: orthotics, hearing aids, cochlear implants
- Batteries: stick battery and USB charger for computer, cell phones, tablets
- Extra batteries (variety of sizes)
- Chargers: phone / tablet (with car adapter)
- Blanket / sleeping bag
- Fire blanket and 12-volt blanket
- Evacuation chair (This should be requested as an accommodation and be part of your care plan, if you live or work in a multi-story building.)
- Face mask
- Fire extinguisher
- First aid kit and first aid manual (replenish first aid kit annually)

- Whistle
- NOAA radio
- Download APPS on smart phone (NOAA / weather, compass, flashlight, GPS, etc.)
- Matches / lighters (in a waterproof container)
- Fire starter kit
- Wire Saw
- Mess kit
- Water purification filtering system
- Disposable gloves (sterile and non-sterile)
- Plastic sheeting and tape (hazardous material spills, etc.)
- Box of small garbage bags (for waste disposal) and zip lock bags (various sizes)
- Coffee can with cover for candles and matches (as a source of heat)
- Maps (local & state)

TOILETRIES / PERSONAL HYGIENE

- Soap
- Shampoo / conditioner
- Toothbrush, toothpaste, and denture adhesive, cleaner and container
- Deodorant
- Women: Feminine products
- Men: Razor / shaving cream

(continued on back side)

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TOILETRIES / PERSONAL HYGIENE (continued)

- Towel
- Comb, brush, hairdryer
- Fingernail clippers, file, tweezers
- Laundry detergent (*small package*)
- Wipes and hand sanitizer
- Paper towels and toilet paper (*5-day supply*)

CLOTHING / MISCELLANEOUS

- Change of clothes and shoes
- Gloves, heavy socks, winter boots
- Hand and feet warmers
- Rain gear, poncho, rubber boots
- Work boots
- Insect repellent
- Sunscreen
- Books, reading materials, games
- Tablet and pencil(s) / pen(s)
- Extra set of keys (*car, house, etc.*)

HOME

- Collapsible escape ladder (*1 for each bedroom above the 1st floor*)
- Backup heat source
- Generator and/or alternate power source (*inverter, solar or wind-powered*)
- Dual-sensor smoke alarm / carbon monoxide detector (*test every 6 months and replace batteries*)

MY CHILD

- Change of clothes for 5 days
- Formula
- Baby food and feeding utensils
- Child / baby toiletries (*soap, shampoo, toothbrush and toothpaste*)
- Diapers and wipes
- Child-size first aid kit, baby aspirin, etc.
- Toys and books
- Teething ring / pacifier

MY PET / SERVICE ANIMAL

- Leash / carrier or cage
- Food and bowl
- Water and bowl (*1 gallon / animal / day*)
- Medicine / First Aid Kit
- Blanket
- Treats / toys / rawhide or chew bones
- Cats: litter, scoop, and a portable clean litter box



Don't forget!

When it's time to change the clocks for Daylight Saving Time, go through your **GO BAG** and **HOME KIT**! Check to see if anything needs to be added or replaced.

DATE OF LAST UPDATE: ____ / ____ / ____