

Emergency Supply List

Be prepared for SEVEN Days on your own

Clothing and Bedding

- One Complete change of clothing
- Sturdy shoes or work boots
- Rain Gear
- Hat and gloves
- Thermal Underwear

Tools and Equipment

- Flashlight and extra batteries
- Plates, cups, utensils
- Cash, traveler's checks, change
- Can Opener
- Utility Knife
- Tent
- Pliers
- Tape
- Matches (Water proof)
- Aluminum foil
- Paper, pencil
- Wrench (to shut off utilities)
- Map of the area
- Battery Operated Radio and extra batteries
- Whistle

Sanitation

- Toilet Paper
- Soap
- Feminine Supplies
- Plastic garbage bags, ties
- Plastic bucket with tight lid
- Disinfectant
- Household bleach (unscented)
- Hand sanitizer

Water

- Store one gallon of water per person per day

Food

- No perishable foods (canned food)
- Canned juices, mils
- High energy foods (peanut butter, granola bars, trail mix)
- Vitamins
- Comfort food (something you like to eat –cookies, candy, coffee, tea)

Special Items

- Medications
- First aid kit
- Extra eye glasses
- Important Family Documents
 - Drivers License
 - Will, insurance policies, contracts, deeds, stocks, bonds
 - Passports, social security card, immunization records
 - Financial documents
 - Family records (birth, marriage, death certificates)
- Entertainment (books, games, coloring crayons)
- Special Family needs (diapers, formula, dietary needs)

