

Disaster Supply Kit Checklist

First Aid Supplies

- First aid kit and manual
- Wet wipes
- Antiseptic wipes
- Nitrile medical gloves
- Cold pack
- Scissors (small, personal)
- Tweezers
- Mask (cloth or disposable)
- Cotton balls
- Thermometer
- Petroleum jelly/lubricant
- Sunscreen

Food and Water for 3-5 Days

- Water
- Ready-to-eat canned food
- Canned or boxed juice
- High-protein snacks
- Special dietary needs
- Instant coffee
- Cereals
- Salt, pepper, sugar
- Shelf-stable milk

Clothes and Bedding

- Change of clothes
- Sturdy shoes or boots
- Rain gear
- Hat
- Jacket
- Extra socks and underwear
- Sunglasses
- Blanket, sleeping bag, pillow
- Folding cot or lawn chair

Household Items

- Bleach or purification tablets to treat drinking water
- Paper cups, plates, plastic utensils
- All-purpose knife
- Manual can opener
- Camping stove and fuel
- Aluminum foil, plastic wrap, Ziploc bags, trash bags

- Cards, games, books, toys
- Assorted safety pins
- Travel alarm clock

Sanitation and Hygiene

- Soap and hand sanitizer
- Heavy-duty garbage bags for personal sanitation
- Washcloth, towel
- Plastic bucket with tight lid
- Toothpaste, toothbrushes
- Disinfectant/chlorine bleach
- Shampoo, comb, brush
- Feminine supplies
- Toilet paper
- Razor, shave cream, mirror
- Incontinence supplies
- Lip balm
- Insect repellent

Tools

- Battery or hand-crank radio/NOAA weather radio
- Extra batteries for all devices
- Jumper cables (in car)
- Gas (car and/or generator)
- Flashlight, electric lantern
- Jack, lug wrench, spare tire
- Signal flare
- Waterproof matches
- Wrench, pliers, shovel etc.
- Duct tape and scissors
- Plastic sheeting
- Whistle
- Work gloves
- Paper, pens, pencils
- Sewing kit
- Small fire extinguisher

Documents & Keys

- ID; drivers license, passport, Social Security card
- Cash, coins, credit cards
- Spare set of keys
- Instructions to turn off utilities

Medicine and Supplies

- Antibacterial ointment
- Pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative
- Vitamins
- Prescription drugs
- Dentures/cleaning solution
- Extra eyeglasses
- Contact lenses/solution
- Hearing aid/batteries
- Medical equipment*

*Wheelchair, walker, cane, dressings, oxygen, tubes, feeding equipment, etc.

Photocopies (in Ziploc bag)

- Birth certificate
- Marriage certificate
- Drivers license
- Social Security card
- Passport
- Will, living will, and advance directive
- Deeds
- Household inventory
- Insurance policies
- Immunization records
- Medical contact info
- Models and serial numbers of medical equipment
- Written instructions for medical care
- Pre-admission letter for hospital or nursing home**
- Bank, credit card account and routing numbers
- Stocks and bonds
- Emergency contact list
- Map of the area
- Directions and contact info for your destination

**A pre-admission letter from your doctor for a specific hospital or nursing home.