

worksheet: emergency-supply checklist

USE THIS WORKSHEET, which features many recommendations from the American Red Cross, the Federal Emergency Management Agency (FEMA), and other organizations, to build a comprehensive emergency kit that will get you through most situations. Store as much of the following as possible in waterproof containers, such as lidded five-gallon paint drums (sold at hardware stores), in a cool, dry location that is easily accessible (near an exit or in the garage).

Food and Water

- Three days' worth of nonperishable food and water per person (one gallon of water per person for each day)
- Infant formula and baby food (if appropriate)
- Manual can opener
- Jackknife
- Camp stove with fuel or another nonelectric cooking device
- Pot or pan for cooking
- Plastic utensils, plates, and bowls
- Iodine tablets for water purification

Communication Needs

- Portable battery-powered or hand-crank radio outfitted with the National Weather Service station, plus extra batteries
- Cell phone and charger (ideally, one that works in the car)
- Extra cell-phone battery
- Copy of family disaster plan (addresses of two meeting places and a phone number for an out-of-area contact)
- List of other family contact numbers (relatives who don't live in the immediate area)
- Roll of quarters for pay phones

Medicine and First Aid

- Bandages in assorted sizes
- Gauze pads
- Tweezers
- Pain relievers (like ibuprofen and Tylenol) for both adults and children
- Cough medicine
- Antidiarrheal medicine (like Pepto-Bismol)
- Prescription medications, or at least a list of medications, dosages, and notes on how to take them
- Bug repellent, especially in flood- or hurricane-prone areas, where virus-carrying mosquitoes thrive
- Special needs: contact-lens solution, hearing aid, hearing-aid batteries
- Antibacterial hand sanitizer (like Purell)
- Wet wipes (even if you don't have children)
- Compression stockings, to prevent blood clots, which can develop when people sit for extended periods (available at medical-supply stores)
- Basic hygiene products, such as toothpaste and soap

Important Documents

- Account and service numbers for credit cards, bank accounts, insurance policies, mortgage or lease, phone, and utilities
- CD or videotaped footage of valuable possessions
- Copies of passports, licenses, and birth certificates
- Copy of last year's tax return
- Copies of recent medical records
- Copies of will and emergency medical directive

Other Basics

- Matches in waterproof containers
- Whistle
- Several flashlights, plus extra batteries
- Cash for one or two weeks, based on your spending habits
- Plastic garbage bags
- Notebook and pen
- Toilet paper
- Chlorine bleach, for disinfection purposes
- Extra clothing
- Blankets, one per person. (The Space Emergency Blanket, available for \$4 at www.rei.com, weighs only three ounces and retains 80 percent of a person's body heat.)

Pet Necessities

- Three days of food, water, and medications
- Leash and collar with ID and rabies-immunization info
- Wire cage
- Copy of latest immunizations