Howard County
Health Department

Emergency Supply Kit Checklist

Be prepared for any emergency. Assemble an emergency supply kit with items to take care of yourself, your family and your pets for three or more days. Keep your kit in sturdy and easy-to-carry backpacks or duffle bags. Depending on the situation, you may be told by authorities to shelter-in-place (stay inside) or evacuate with your kit. The following checklist will help you put your kit together.

WATER and FOOD

- ☐ one gallon of water per person, per day, plus water for pets
- ☐ ready-to-eat canned meats, fish, soups, beans, vegetables and fruits. *Choose foods that need little or no cooking.*
- ☐ salt, pepper, sugar, spices
- ☐ powdered milk, tea, instant coffee
- ☐ high-energy snacks: nuts, protein bars, trail mix, peanut butter
- ☐ comfort foods: granola, dried fruits, cookies, crackers, hard candy, cocoa
- ☐ foods for infants, individuals with special needs and pets
- ☐ paper cups, plates and plastic utensils
- ☐ camp cook kit or pans
- ☐ manual can opener
- ☐ aluminum foil, plastic wrap

Rotate the food in your supply kit regularly. Some foods should be used within six months, such as powdered milk, dried fruits and crackers. Other foods will keep for up to one year, such as canned soups and meats, fruits, vegetables and juices, peanut butter, jelly, hard candy and canned nuts. Foods that can be stored indefinitely (in air-tight containers away from heat) include vegetable oil, dried corn and wheat, baking powder, soybeans, instant coffee, tea and cocoa, salt, rice, bouillon products and dry pasta.

EMERGENCY SUPPLIES

- ☐ cash, traveler's checks, coins
- ☐ battery-operated radio, NOAA Weather Radio
- ☐ flashlight
- ☐ batteries
- ☐ cell phone
- ☐ face masks
- ☐ maps of your area and nearby states
- ☐ whistle
- ☐ extra set of house and car keys
- ☐ small fire extinguisher
- ☐ wrench or pliers to turn off utilities
- ☐ plastic garbage bags with twist ties
- ☐ toilet paper, towelettes
- ☐ household chlorine bleach *(to purify water)*
- ☐ matches in a waterproof container
- ☐ soap, detergent, alcohol-based hand sanitizer
- ☐ toothbrushes and toothpaste, dental floss, deodorant, shampoo, shaving supplies
- ☐ feminine supplies, condoms
- ☐ lip balm, sunscreen
- ☐ infant supplies (diapers, bottles, etc.)
- ☐ pet supplies (litter, flea collar, etc.)
- ☐ books, playing cards, board games

FIRST AID KIT

- ☐ first aid manual
- ☐ prescription drugs; a two week supply of every household member's vital medications
- ☐ nonprescription drugs: aspirin or other pain reliever, allergy medicine, anti-diarrhea medication, antacid, laxative, antibiotic ointment, vitamins, eye wash
- ☐ prescribed medical supplies, such as glucose and blood pressure monitoring equipment
- ☐ scissors, tweezers, magnifying glass
- ☐ sterile needle, safety razor blade
- ☐ thermometer
- ☐ insect repellent
- ☐ mirror
- ☐ sterile adhesive bandages (Band-Aids) in assorted sizes, gauze pads and roller bandages
- ☐ hypoallergenic adhesive tape
- ☐ several pairs of disposable gloves
- ☐ isopropyl alcohol, hydrogen peroxide
- ☐ antiseptic, antiseptic spray
- ☐ cold packs and heat packs

-more-

CLOTHING and BEDDING

- ☐ include at least one complete change of clothing and shoes per person
- ☐ long pants and long sleeve shirt
- ☐ sturdy shoes or work boots
- ☐ thermal underwear, regular underwear
- ☐ several pairs of socks
- ☐ warm hat and work gloves
- ☐ jacket or coat, rain gear, poncho
- ☐ sleeping bag
- ☐ blankets, space blankets, pillows
- ☐ towels, washcloths
- ☐ extra prescription glasses, sunglasses

IMPORTANT DOCUMENTS

Keep copies (not originals) in a waterproof, portable container or scan to a CD or USB drive

- ☐ bank account numbers (checking, savings)
- ☐ credit account numbers, with company names and contact information
- ☐ Social Security cards and records
- ☐ passports
- ☐ family records: birth, marriage and death certificates, divorce decree
- ☐ wills, living wills, advanced directives
- ☐ power of attorney papers
- ☐ medical records
- ☐ current medical and eyeglass prescriptions
- ☐ immunization records of family, pets
- ☐ all insurance policies (life, health, auto, home, hazard)
- ☐ deeds, mortgages, titles, rental agreement
- ☐ stocks and bonds, securities, investment statements
- ☐ bank loan agreements, other contracts
- ☐ motor vehicle titles, bill of sale, serial or VIN numbers, driver's licenses
- ☐ employment records
- ☐ recent tax returns
- ☐ records of valuable collections, appraisals
- ☐ school transcripts, diplomas
- ☐ safe deposit box location and extra key, inventory of contents
- ☐ original manuscripts, discs
- ☐ journals, diaries, genealogies
- ☐ inventory of household goods (including photographs)
- ☐ current photographs of family members, pets
- ☐ favorite photographs of family members, pets and events