#### PREPAREDNESS TIPS

# **Emergency Supplies** Checklist

# Can You Go It Alone for Three Days?

### **Essentials**

	Water — One gallon per person per day (a		Sturdy shoes
	week's supply of water is preferable)		Heavy gloves
	Water purification kit		Candles and
	First aid kit, freshly stocked		Light sticks
	First aid book		Change of clo
	Food		Knife or razo
	Can opener (non-electric)		Garden hose
	Blankets or sleeping bags		Tent
	Portable radio, flashlight and spare batteries		Communicat
	Essential medications	<b>C</b>	oking
	Extra pair of eyeglasses		ooking
	Extra pair of house and car keys		Plastic knives
	Fire extinguisher — A-B-C type		Paper plates
	Food, water and restraint (leash or carrier) for		Paper towels
	pets Cash and shares		Heavy-duty a
	Cash and change		Camping stov
	Baby supplies: formula, bottle, pacifier, soap and		before using
	baby powder, clothing, blankets, baby wipes,		gas leaks; nev
	disposable diapers, canned food and juices.	_	
Sa	nitation Supplies		ols and
			Axe, shovel, b
	Large plastic trash bags for waste; tarps and rain		Adjustable w
	ponchos		Tool kit inclu
	Large trash cans		hammer
	Bar soap and liquid detergent		Coil of $\frac{1}{2}$ "re
	Shampoo		Plastic tape, s
	Toothpaste and toothbrushes		replacement
	Feminine hygiene supplies		Bicycle
	Toilet paper		City map
	Household bleach		

The first 72 hours after a major emergency or disaster are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises. You should be prepared to be self-sufficient — able to live without running water, electricity and/or gas, and telephones — for at least three days following a major emergency. To do so, keep on hand in a central location the following.

## **Safety and Comfort**

ek's supply of water is preferable) ater purification kit st aid kit, freshly stocked st aid book od n opener (non-electric) nkets or sleeping bags rtable radio, flashlight and spare batteries ential medications	<ul> <li>Heavy gloves for clearing debris</li> <li>Candles and matches</li> <li>Light sticks</li> <li>Change of clothing</li> <li>Knife or razor blades</li> <li>Garden hose for siphoning and firefighting</li> <li>Tent</li> <li>Communication kit: paper, pens, stamps</li> </ul>
tra pair of eyeglasses tra pair of house and car keys e extinguisher — A-B-C type od, water and restraint (leash or carrier) for ts sh and change by supplies: formula, bottle, pacifier, soap and by powder, clothing, blankets, baby wipes, posable diapers, canned food and juices. <b>Exticute Supplies</b> rege plastic trash bags for waste; tarps and rain nchos rege trash cans r soap and liquid detergent ampoo othpaste and toothbrushes ninine hygiene supplies let paper usehold bleach	Cooking <ul> <li>Plastic knives, forks, spoons</li> <li>Paper plates and cups</li> <li>Paper towels</li> <li>Heavy-duty aluminum foil</li> <li>Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are no gas leaks; never use charcoal indoors)</li> </ul> <b>Tools and Supplies</b> <ul> <li>Axe, shovel, broom</li> <li>Adjustable wrench for turning off gas</li> <li>Tool kit including a screwdriver, pliers and a hammer</li> <li>Coil of ½ " rope</li> <li>Plastic tape, staple gun and sheeting for window replacement</li> <li>Bicycle</li> <li>City map</li> </ul>