Emergency Preparedness Checklist

Food and Water Storage Checklist

✓ One gallon of water per person, per day
✓ Chlorine bleach for purifying water
✓ Ready-to-eat canned food such as meats, fruits and vegetables
✓ Soups–bouillon cubes or dried soups in a can
✓ Milk–powdered or canned
✓ Stress foods–sugar cookies, hard candies
✓ Staples–sugar, salt, pepper
✓ Juices–canned, powdered or crystallized
✓ Smoked or dried meats
✓ Vitamins
✓ High energy foods like peanut butter, nuts and trail mix

Car Checklist

✓ Water
✓ Flashlight
✓ Dried food, jerky, candy, cookies and crackers
✓ Extra batteries
✓ Manual can opener
✓ Plastic bags
✓ Sturdy shoes and socks
✓ Extra clothing with heavy coat
✓ Small shovel
✓ Small sack of sand
✓ Battery-operated radio
✓ First aid supplies
✓ Prescription medication
✓ Work gloves
✓ Blankets
✓ Tire chains
✓ Loose change for phone calls
✓ Booster cables
✓ Road map
✓ Flares
✓ Fire extinguisher
✓ Compass
✓ Mental health items, family albums, books, etc.
Disaster Preparedness Kit for Children
✓ Extra clothes and shoes—keep a sturdy pair upside down under the bed
✓ Mittens, scarf, jacket
✓ Earthquake buddy [stuffed animal]
✓ Books and games
✓ Comfort food [candies]
✓ Flashlight with spare batteries, or light stick
✓ Whistle
✓ Paper with home address, phone number, parent’s names
✓ Emergency contact number
✓ Toothbrush and toothpaste
✓ Comb and brush

For Infants
✓ Formula
✓ Bottles
✓ Medications
✓ Diapers and baby wipes
✓ Powdered milk