



EMERGENCY SUPPLY CHECKLIST

FOOD AND WATER

7 day supply of bottled water
1 gallon per family member,
per day

7 day supply of nonperishable
food, such as canned goods
and dry cereal

Utensils (*nonelectric can opener,
forks, knives, spoons and cups*)

7 day supply of food/water
for pets

GENERAL SUPPLIES

Medications
(*ask about proper storage*)

Cash and copies of important
documents (*financial, legal, etc.*)

First aid kit

Baby and pet supplies, if needed



OTHER NEEDED ITEMS

Cell phone, battery-powered
radio and flashlight
(*extra batteries*)

Hygiene products (*toilet paper,
soap, toothbrush*), insect
repellent and cleaning supplies

Tools (*include a wrench
to shut off utilities*)

Sleeping bags, clothes,
walking shoes

