

# Home Emergency & “Go-Bag” Supplies

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## Water & Food

- Water—one gallon of water per person for 3 days for drinking and sanitation
- Food—at least 3-day supply of non-perishable food
- Mess kit—paper plates, disposable utensils, paper towels
- Manual can opener
- Camping stove and fuel

## Communications

- Cell phone with charger
- Backup cellphone battery or solar charger
- Radio—battery powered or hand-crank with NOAA weather radio and tone alert
- Whistle to signal for help

## Financial

- Cash and change—banks and ATM's may not be in service
- Critical documents including ID's, banking information, insurance, etc. stored in waterproof container
- Contact information for insurance agent, bank, utilities and services, etc.
- Durable power-of-attorney or medical power of attorney documents, as appropriate
- Login info and passwords for online accounts recorded and stored in secure location

## Personal Care

- Clothing—seasonal, rain gear, sturdy shoes, extra socks and underwear
- Pet care items—food, water, medicine, carrier, leash, ID, and immunization records
- Moist towelettes, garbage bags, and zip ties—for personal sanitation needs
- Sleeping bag or warm blanket for each person
- Feminine supplies and personal toiletries
- Hand sanitizer
- Hearing aids and extra batteries
- Spare glasses and/or contacts and contact solution
- Recreation items—books, playing cards, games

## Tools & Supplies

- Flashlight—at least one per person
- Extra batteries—different sizes/types as necessary
- Multi-tool, wrenches, and pliers—to turn off utilities and minor repairs
- Plastic sheeting and duct tape for sheltering-in-place
- Dust masks or N-95 respirators to filter contaminated air
- Paper maps of local area
- Liquid bleach—to treat water, add 16 drops per gallon of water, stir, and let set 30 minutes
- Fire starter—lighters, matches, dry tinder in waterproof container

## Medical Basics

- First aid kit and first aid reference book
- Contact information for doctors, specialists, pharmacies, and caregivers
- List of all known allergies (medicine, food, other) for each person
- List of all medication—include exact name, dosage, pharmacy, and prescribing doctor
- Prescription medication—at least 3 day supply, including syringes if necessary
- Over-the-counter medications—painkillers; cold/flu, allergy, and diarrhea medication; antacids, etc.

## Disability or Chronic Medical Conditions

- Medical or Assistive Technology device information—vendor, manufacturer, repair facility, maintenance needs
- Extra supplies as needed—tape, IV supplies, test strips, oxygen tubing and masks, etc.
- Spare batteries and/or parts, and appropriate tools for minor repairs

## Infants and children

- Infant formula and diapers for at least 3 days
- Favorite snacks
- Toys and games for entertainment