Emergency Kit Checklist

General Information and Supplies:
• Pack items in a large plastic bin or box
• Water, 1 gallon of water per person per day for at least 3 days
• Food, at least a 3-day supply of food that keeps at room temperature for a long time (non-perishable)
• Can opener
• A flashlight and extra batteries
• First aid kit and manual
• Whistle
• Dust masks
• Plastic sheeting and duct tape to make a shelter
• Moist towelettes, soap, hand sanitizer, toilet paper, feminine products, garbage bags, plastic ties and other hygiene products
• Wrench or pliers to turn off water and gas lines
• Matches in a waterproof container
• Extra clothing, heavy-soled shoes, gloves and blankets

Medical Supplies and Medications:
• Talk with your child’s doctor about how to get an emergency supply of medicines and how to plan for a stoppage due to a disaster.
• Ask your pharmacist how long medicines can last and how they should be stored.
• Keep a two-week supply of medical care items such as needles in a locked or sealed place, nasal cannulas, bandages, etc.
• Keep a cooler and chemical ice packs for storing medications that must be kept cold.
• Keep prescription information in your wallet, on your phone, survival kit and car that includes the name, location and phone number of an out of town pharmacy.

Special Needs Information and Supplies:
• A current copy of your child’s care plan and emergency care form
• Current medical information and records stored on your phone or hard copy (keep one paper copy in a waterproof bag).
• Batteries for hearing aids and communication devices.
• Special dietary foods and supplies.
• Items that calm or entertain your child such as their favorite book, food or toy.
• Identification to be carried by each child in case your family gets separated.

Power Supplies:
• A generator for back-up power support (due to deadly fumes, never use a generator indoors). Sometimes medical insurance programs will provide resources for generators when a child has a consistent need for breathing (respiratory) support.
• An AC adaptor for your car to charge small electrical equipment such as a nebulizer.
• Battery powered versions of medical equipment your child uses.
• Manual wheelchair or other non-electric equipment.
• Backup chargers for cell phones. This could include a hand-cranked USB cell phone emergency charger, a solar charger, or a battery pack. Some weather radios have a built in hand crank charger.
• Backup chargers for a laptop or tablet could include a 12V USB adapter that plugs into a car, an inverter, or a battery jump pack with a USB port.
• A battery-powered or hand-crank radio or television and extra batteries