

EMERGENCY PREPAREDNESS CHECKLIST FOR YOUR FAMILY

Every family needs a disaster supplies kit filled with items needed to help keep all family members safe and healthy during an emergency. Store enough of each item to last at least seven days. Be sure all family members know where the kit is located and when and how it should be used. Update your disaster supplies kit regularly to replace expired food or medicine or outgrown clothing items. Get children involved in putting together the disaster supplies so they can learn the importance of being prepared.

FAMILY DISASTER SUPPLIES KIT

- Flashlights and extra batteries
- Radio (battery-powered or hand crank)
- Non-perishable food items
- Water (one gallon/person/day)
- One complete change of clothing for each person, including jackets/coats
- Blankets
- Cash and coins
- Map of the area marked with places you could go
- Toolset
- Extra set of car keys and house keys
- Roll of duct tape
- Plastic sheeting pre-cut to fit shelter-in-place room openings.
- Pet supplies (See [Emergency Preparedness for Pets](#))
- Small fire extinguisher
- Matches in a waterproof container
- Special items such as denture needs, contact lenses
- Items for seniors or people with disabilities.

MEDICAL SUPPLIES

- Prescription and non-prescription medicine, including for children
- First Aid Kit
- Fever reducer
- Antibacterial ointment
- Rash ointment

HYGIENE ITEMS

- Baby wipes
- Diapers
- Nursing pads
- Sanitary pads
- Toilet paper
- Soap
- Bleach

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INFORMATION

- Medical information, including copies of medical prescriptions
- Copies of passports and birth certificates
- Copies of personal identification, such as a drivers' license
- Recent photos of each child

COMFORT ITEMS

- Comfort food and treats
- Activity items like books, puzzles and games
- Comfort items like a stuffed animal or blanket for children

CHILD-FRIENDLY FOOD SUPPLIES

- Nursing supplies
- Formula
- Pre-packaged baby food
- Juice pouches
- Powdered milk

DISASTER SUPPLIES BACKPACK KIT FOR CHILDREN

Having children create their own disaster supplies backpack kit can help them feel part of the family emergency plan and teach them personal responsibility. Bags should be stored at home in an easily accessible area and updated as children grow and their interests change.

Put these items in a backpack or portable bag to use during an emergency:

- A teddy bear or favorite stuffed toy (for safety and comfort)
- Crayons and pen (to keep ourselves busy)
- Soap and soap box (to clean ourselves)
- Toothbrush and toothpaste (to clean our teeth every day)
- Comb (to comb our hair)
- Hand towel (to clean ourselves or keep cool)
- An ID card or wristband (to identify who we are and parent contact information)
- A flashlight with batteries (to help us when there is no power)
- A notebook (to record important information and/or keep busy)
- A whistle (to use if you need help or get lost)
- Ask children what else they wish to remember that is important to them (i.e. favorite books, pictures, toys, extra clothes, etc.).