

EMERGENCY KIT CHECKLIST

(3-DAY SUPPLY)

ESSENTIALS	
	local map
	grab and go binder
	cash
	whistle
	sturdy bag
	ID
	mess kit
	local map
	paper and pencil
	first aid guide
DRINKING WATER	
	one gallon/ person/ day
	Lifestraw or similar products
FOOD	
	nonperishable
	3-day supply/ person
SLEEPING SUPPLIES	
	camping tent
	sleeping bag
	emergency blanket
	clothes
	hand warmer

ELECTRONICS	
	batteries
	powerbank
	solar charger
	flashlight
	phone
	radio - battery powered/ hand-cranked
LIGHTING SUPPLIES	
	matchsticks
	flare
TOOLS	
	pocketknife
	can opener
	duct tape
	hammer
	screwdriver
	wrench
	pliers
	axe
	camping fuel/ gasoline
	crowbar
	scissors
SOMETHING FUN TO DO:	
	cards

HEALTH SUPPLIES	
	first aid kit
	first aid guide
	prescription medicine
	non-prescription medicine
	pain reliever
	antacid
	laxative
	anti-diarrhea
PERSONAL HYGIENE	
	soap
	alcohol
	hand sanitizer
	toothbrush
	toothpaste
	masks
	wet wipes/ baby wipes
	feminine supplies
CLEANING AGENT	
	dish soap
	garbage bag
OTHERS	
	pet supplies
	baby supplies