

# EMERGENCY SUPPLY KIT CHECKLIST

You can be prepared by creating an emergency supply kit. Include items for yourself, your family, and your pets for three or more days. Keep your kit in a sturdy, easy-to-carry backpack or duffel bag in case you need to evacuate.

## WATER AND FOOD

- one gallon of water per person, per day (plus pets)
- ready-to-eat canned meats, fish, soups, beans, vegetables, and fruits.  
*Choose foods that need little or no cooking.*
- salt, pepper, sugar, spices
- powdered milk, tea, instant coffee
- high-energy snacks: nuts, protein bars, trail mix, peanut butter
- comfort foods: granola, dried fruits, cookies, crackers, hard candy, cocoa
- foods for infants, individuals with special needs, and pets
- paper cups, plates and plastic utensils
- camp cook kit or pans
- manual can opener
- aluminum foil, plastic wrap

Rotate the food in your supply kit regularly.

- **Every six months:** powdered milk, dried fruits, crackers
- **Every year:** canned items (soups, meats, fruits, vegetables, juices), peanut butter, jelly, hard candy, canned nuts
- **Can be stored forever** (in air-tight containers away from heat): vegetable oil, dried corn and wheat, baking powder, soybeans, instant coffee, tea and cocoa, salt, rice, bouillon products and dry pasta.

## EMERGENCY SUPPLIES

- cash, traveler's checks, coins
- battery-operated radio, NOAA Weather Radio
- flashlight
- batteries
- cell phone
- face masks
- maps of your area and nearby states
- whistle
- extra set of house and car keys
- small fire extinguisher
- wrench or pliers to turn off utilities
- plastic garbage bags with twist ties
- toilet paper, towelettes
- household chlorine bleach (to purify water)
- matches in a waterproof container
- soap, detergent, alcohol-based hand sanitizer
- toothbrushes and toothpaste, dental floss, deodorant, shampoo, shaving supplies
- feminine supplies, condoms
- lip balm, sunscreen
- infant supplies (diapers, bottles, etc.)
- pet supplies (litter, flea collar, etc.)
- books, playing cards, board games



## FIRST AID KIT

- first aid manual
- prescription drugs; a two week supply of every household member's vital medications
- nonprescription drugs: pain reliever, laxative, allergy medicine, anti-diarrhea medication, antacid, antibiotic ointment, vitamins, eye wash
- prescribed medical supplies, such as glucose and blood pressure monitoring equipment
- scissors, tweezers, magnifying glass
- sterile needle, safety razor blade
- thermometer
- insect repellent
- mirror
- sterile adhesive bandages (Band-Aids) in assorted sizes, gauze pads and roller bandages
- hypoallergenic adhesive tape
- several pairs of disposable gloves
- isopropyl alcohol, hydrogen peroxide
- antiseptic, antiseptic spray
- cold packs and heat packs

## CLOTHING AND BEDDING

- at least one change of clothing/shoes per person
- long pants and long sleeve shirt
- sturdy shoes or work boots
- thermal and regular underwear; several pairs of socks
- warm hat and work gloves
- jacket or coat, rain gear, poncho
- sleeping bag
- blankets, space blankets, pillows
- towels, washcloths
- extra prescription glasses, sunglasses


## IMPORTANT DOCUMENTS

Keep copies (not originals) in a waterproof, portable container or scan to a CD or USB drive.

- bank account numbers (checking, savings)
- credit account numbers; company name and contact
- Social Security cards and records
- passports
- family records: birth, marriage, death certificates; divorce decree
- wills, living wills, advanced directives
- power of attorney papers
- medical records; immunization of family and pets
- current medical and eyeglass prescriptions
- all insurance policies (life, health, auto, home, hazard)
- deeds, mortgages, titles, rental agreement
- stocks and bonds, securities, investment statements
- bank loan agreements, other contracts
- motor vehicle titles, bill of sale, serial or VIN, driver's licenses
- employment records and recent tax returns
- records of valuable collections, appraisals
- school transcripts, diplomas
- safe deposit box location and extra key, inventory of contents
- original manuscripts, journals, diaries, genealogies
- inventory of household goods
- current photographs of family members, pets
- favorite photographs of family members, pets, and events

## MORE INFORMATION

 [preparedness.health.maryland.gov](http://preparedness.health.maryland.gov)

 [facebook.com/MarylandOPR](https://facebook.com/MarylandOPR)

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MARYLAND DEPARTMENT OF HEALTH  
Office of Preparedness  
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