

EMERGENCY PREPAREDNESS SUPPLY KIT SHOPPING LIST

FOR YOUR DOCUMENT FOLDER

- Physical and digital copies stored on flash drive of important documents, kept in weatherproof material (ID cards, passports, birth certificates, Social Security cards, insurance cards, bank account records, tax records, etc.)
- Emergency contact list
- Emergency plan, templated and copied for each member of the household
- Local maps and evacuation routes
- Cash in small bills, stored in waterproof material

AT HOME KIT

- Document folder with copies of important documents
- Flash drive with digital copies of important documents, stored in waterproof container
- Minimum three-day supply of drinking water (1 gallon per person, per day)
- Minimum three-day supply of non-perishable food per person (canned food, dried mixes, other “no cook,” high energy foods such as protein bars, applesauce, dried fruit, nuts, peanut butter, cereal, protein powder, and shelf stable milk or milk alternatives)
- Manual can opener (if kit has canned food)
- Battery powered or hand crank radio and NOAA Weather Radio
- 2+ flashlights
- A variety of batteries
- Unscented chlorine bleach and medicine dropper
- Seven-day supply of prescription medications
- Over the counter medications (aspirin, acetaminophen, antihistamines etc...)
- Thermometer and extra batteries
- First aid kit
- Wrench, pliers, and other tools (for turning off utilities)
- Work gloves
- Fire extinguisher
- Dust mask or face covering
- Plastic sheeting and duct tape (for sealing windows if needed)
- Matches in waterproof container
- Lighter
- Candles for alternative light source
- Tupperware
- Plastic zip lock bags, garbage bags
- Books, cards, or games for entertainment

- Notebook, pens, pencils
- Paper towels
- Toilet paper
- Hand sanitizer
- Antibacterial soap
- Wet wipes
- Toiletries/personal hygiene supplies
- Sleeping bag or extra bedding
- Device charger (that doesn't rely on a wall outlet)
- Supplies for people with special needs (if applicable)
- Supplies for pets (if applicable)

BUG OUT BAG

- Emergency contact list
- Emergency food rations (high calorie, long shelf life, weather resistant)
- Emergency water supply
- Personal water filtration system and/or water purification tablets
- Unscented chlorine bleach and medicine dropper
- Three-day supply of prescription medication
- First aid kit with emergency blanket
- Flashlight
- Extra batteries
- Multitool and/or pocketknife
- Waterproof poncho
- Matches and flint in waterproof container
- A complete change of clothes
- Sturdy shoes
- Socks
- Multitool
- Pocket knife (if there isn't one on your multitool)
- Whistle and compass combo
- Toilet paper
- Sunscreen
- Hand sanitizer
- Wet wipes
- Toiletries/personal hygiene supplies
- Towel
- Warm blanket
- Car compatible device charger
- Supplies for people with special needs (if applicable)

RECOMMENDED SUPPLIES TO PURCHASE ONLINE

- [Emergency gas and water shutoff tool](#)
- [Water storage container](#)
- [NOAA weather radio](#)
- [Emergency food ration \(good for bug out bag\)](#)
- [Water purification tablets](#)
- [Pocket knife multitool \(good for bug out bag\)](#)
- [Whistle and compass combo \(good for bug out bag\)](#)

ADVANCED SUPPLIES

- [Gas generator](#)
- [Solar Panel charging device \(good for bug out bag\)](#)
- [Personal water filtration device](#)