

World Civil Defense Month - Emergency Preparedness Checklist

According to Ready.gov, the following is a list of items to include in a basic emergency kit:

- Water (one gallon per person, per day is recommended)
- Food (at least several days' worth of non-perishable food)
- Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle
- Dust mask
- Plastic sheeting, scissors and duct tape to shelter in place if needed
- Moist towelettes, garbage bags and plastic ties
- Wrench or pliers
- Manual can opener
- Local maps
- Cell phone with chargers and backup battery
- Soap, hand sanitizer and disinfecting wipes
- Prescription medications
- Non-prescription medications
- Prescription eyeglasses and contact lens solution
- Infant formulas, bottles, diapers, wipes and diaper rash cream for babies
- Pet food and extra water for pets
- Cash or traveler's checks
- Important family documents (saved electronically or in a waterproof, portable container)
- Sleeping bags and warm blankets
- Complete change of clothing and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Mess kits, paper cups and plates, paper towels and plastic utensils
- Paper and pencils
- Games, books and other activities for children

