

The Emergency Prep Checklist

- A. Drinking Water: There may be no water in your tap in an emergency, so you need to make sure you have water in the house.
1. Bottled Water:
 - 2 quarts (or liters) per person per day; 1 quart for pets. But the more the better.
 - Best to have some type of water purification device or water purification tablets.
 2. Bleach
 - If you need to you can purify water with bleach. Make sure your bleach is unscented. 2 drops for every quart or liter.
- B. Food: You want to have enough food for about a month. Make sure to choose long lasting foods and replace them before their expiration date.
1. Crackers
 2. Canned meat, fish, or beans
 3. Canned vegetables or fruit
 4. Breakfast Cereal
 5. Peanut Butter and Jelly
 6. Quick cook pasta, rice, or mashed potatoes - just add hot water
 - If you need to make a cooking fire, make sure to do it outside. Smoke inhalation indoors is very dangerous.
 7. Energy bars
 - You're going to need energy in a crisis
 8. Dried food.
 9. Powdered milk, coffee, tea, sugar, honey
 10. Baby formula
 11. Comfort foods: Chocolate, candy, snack foods
 - Comfort foods can calm kids in stressful situations.
- C. Non-food items
1. Can opener
 2. Flashlight (LED)
 - One of these for each family member.
 3. Extra batteries
 - You will need *a lot* of these.
 4. Candles
 - Candle safety guidelines: Never leave a candle unattended, in reach of children or pets, or near something that could catch fire. Also make sure it's in a secure place that it's not going to get knocked over.
 5. Battery powered radio

- A battery powered radio is important for staying informed.
- 6. Large plastic trashbags
 - If your toilet isn't working, place a trashbag under the toilet seat and then bury the waste outside.
- 7. Diapers and baby wipes
 - Should keep about a month worth of these.
- 8. Pet food.
- 9. Soap
- 10. Hand sanitizer gel/sanitary wipes/women's sanitary products.
 - Important to keep things sanitary during a disaster to avoid disease.
- 11. Extra eyeglasses
- 12. Emergency Cash
 - You should keep in the house a bit more cash than you'd need to buy a week's worth of food
- 13. An emergency medical kit.
 - Make sure you've got a medical kit and if possible, refill urgent medication prescriptions.
- 14. Copies of important documents
 - Keep copies of important documents, like wills, passports, medical info and id cards.
- 15. For your car
 - Keep a car emergency kit :
 - If you need to get out and walk, good to have in your car an emergency kit with water, food, a flashlight and batteries, a safety blanket and a small medical kit.
 - Good practice to keep your gas tank half filled in case gas pumps aren't working.

You are preparing YOUR family for an emergency so remember to get the types of foods your family will eat. Don't forget to replace supplies throughout the year!