

NATURAL DISASTER EMERGENCY CHECKLIST

EMERGENCY WATER

- 1 gallon per person per day
- 3 day supply minimum
- Portable water filter to treat water

EMERGENCY FOOD

- Non-perishable, 1500 calories per person per day
- Minimum 3 day supply
- Manual can opener
- Snacks like nuts, candy, lollipops
- Eating utensils (forks, spoons, knives)

FIRST-AID & MEDICAL

- Adhesive bandages
- Gauze
- Scissors, tweezers, safety pins
- Antiseptic cream/gel
- Antibiotic cream/gel
- Thermometer
- Non-Latex gloves
- Ibuprofen, Acetaminophen, Aspirin
- Medications
- _____

SUPPLIES

- waterproof matches
- All-in-one tool, like Leatherman
- Whistle
- Aluminum Foil
- Trash bags
- Pencil and paper
- Toilet paper, paper towels, wipes
- Personal/feminine hygiene products
- 5 gallon bucket with lid

PERSONAL ITEMS

- Extra clothing for 3 days minimum
- Footwear
- Raingear
- Season-appropriate outerwear
- Sunglasses
- Sleeping bag or blankets
- Cell phone charger
- Contact lenses or glasses
- Important documents
- Identification with address
- Blanket
- _____
- _____

Have a plan before a natural disaster occurs!!



For more information, visit:
www.deweathercares.org

