



# EMERGENCY ESSENTIALS KIT

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**PRINT A COPY OF THIS EMERGENCY ESSENTIALS LIST AND TAKE IT WITH YOU TO THE STORE.**

## **FOOD**

- 7 day supply of non-perishable food that doesn't need cooking
- Hand-operated can opener
- Plastic plates, cups and utensils

## **WATER**

- 1 gallon of drinking water per person per day enough for 7 days

## **FIRST AID**

- American Red Cross approved first aid kit
- Backup prescriptions for essential medications

## **PERSONAL HYGIENE**

- Hand sanitizer or disinfectant wipes
- Toilet paper, paper towels and garbage bags
- Dental care and vision products
- Travel-size soaps and other beauty supplies
- Change of clothes, pair of shoes and blanket per person

## **CLEAN AIR ITEMS**

- Nose and mouth protection masks (N-95 rating)
- Plastic sheeting
- Duct tape

## **BABY ITEMS**

- Formula, bottles and powdered milk
- Diapers
- Baby wipes
- Diaper rash ointment

## **LIGHTING**

- Flashlights for each family member with extra batteries
- Fluorescent lanterns for each common area
- Waterproof matches or a utility lighter

## **COMMUNICATION**

- Portable, battery-powered radio
- Landline phone with long cord
- Extra batteries for flashlights, lanterns and radio
- Extra cell phone battery or car charger
- Whistle

## **FAMILY SAFETY ITEMS**

- Smoke detector with battery for each floor
- Carbon monoxide detector with battery backup
- Fire extinguisher
- Non-scented bleach for sanitization
- Sunscreen
- Insect repellent
- Shovel and basic tools

## **TRANSPORTATION ITEMS**

- State and regional road maps
- Basic repair items (tools, tire patch kit, engine oil)
- Games, books and puzzles

## **PET NEEDS**

- 7 day supply of non-perishable pet food and water
- Cage or pet carrier and leash
- Pet medications and pet first aid kit
- Current photo in case you are separated
- Cat litter and box
- Pet bed and toys

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