



## Personal Preparedness Checklist

- Water**—store at least one gallon per person per day in thoroughly washed plastic, fiberglass or enamel-lined metal containers; tightly seal containers, label with a date, replace every six months and store in a cool, dark location
- Food**—pack non-perishable, high-protein items requiring no refrigeration, preparation or cooking, and little or no water, such as energy bars, ready-to-eat soup and peanut butter
- Flashlight**—include extra batteries
- First aid kit**—include sterile dressings, roller gauze bandages, triangular bandages, sterile gauze pads, a roll of cohesive bandage, germicidal hand wipes or hand sanitizer, antiseptic wipes, latex gloves, a roll of adhesive tape, antibacterial ointment, a cold pack, scissors and tweezers
- Medications**—include prescription and non-prescription items; request samples of prescription items from your doctor, if available, or reorder early and stock up
- Battery-operated or Crank radio**—include extra batteries
- Tools**—include a wrench to shut off the gas if you suspect a leak, a can opener, a screwdriver, a hammer, pliers, a knife, duct tape, plastic sheeting and garbage bags
- Clothing**—pack a change of clothes, sturdy shoes, gloves and a blanket
- Personal Items**—pack eyeglasses, important documents, identification, insurance policies and comfort items, such as toys and books
- Sanitary Supplies**—include toilet paper, diapers, towelettes, feminine supplies, personal hygiene items and bleach
- Cash in Small Denominations**—stash some cash since ATMs, credit cards and cash registers won't work if the power is out; include quarters for the pay phone
- Contact Information**—carry a list of phone numbers and email addresses of friends, relatives, physicians, etc.
- Map**—include a map for finding alternate routes
- Additional Items**—remember medical equipment, such as a cane or oxygen tank, and any special items for pets, infants, children, seniors and persons with disabilities