EMERGENCY SUPPLIES GUIDE





Food & Water

- ☐ Food rations
- ☐ Drinking water
- ☐ Purification tablets (or other way to make water safe)

Optional items:

- ☐ Water bottle (for treated water)
- ☐ Supplies for family & pets

Warmth & Comfort

- □ Blanket
- ☐ Tube tent
- ☐ Rain poncho
- ☐ Waterproof matches

Optional items:

- ☐ Change of clothes
- ☐ Shoes & sweatshirt

Hygiene

- ☐ Moist towelettes
- ☐ Hand sanitizer
- ☐ Toilet paper & tissue
- ☐ Toothbrush & paste
- ☐ Trash bags & ties

Optional items:

- ☐ Small towel
- ☐ Feminine supplies

Safety & Search

- ☐ Lightstick/flashlight
- ☐ First aid kit
- □ N-95 Dust mask
- ☐ Multi-function knife
- ☐ Cord/rope
- ☐ Work & nitrile gloves
- □ Duck tape

- Optional items:
- ☐ Prescription/OTC medications
- ☐ Cash in small bills
- ☐ Local maps/alternate routes
- ☐ Headlamp
- ☐ Important documents (flash drive, copies or cloud)

Communications

- □ Emergency radio
- ☐ Phone charger
- ☐ Pad of paper & pen
- □ Tape
- ☐ Whistle
- ☐ Family Communications Plan

TEXT YOUR ZIP CODE TO 888777

to receive emergency text warnings of hazardous events in your area