

First Aid and Medical Supplies

Supplies	✓
Sterile adhesive bandages in assorted sizes	
5" x 9" sterile dressing	
Conforming roller gauze bandage	
Triangular bandages	
3" x 3" sterile gauze pads	
Hypoallergenic adhesive tape	
4" x 4" sterile gauze pads	
Roll 3" cohesive bandage	
Germicidal hand wipes or alcohol-based hand sanitizer	
Antiseptic wipes	
Pairs large, medical grade, non-latex gloves	
Tongue depressor blades	
Adhesive tape, 2" width	
Antibacterial ointment	
Cold pack	
Splint materials for fingers, arms and legs	
Scissors (small, personal)	
Tweezers	
Assorted sizes of safety pins	
Tourniquet	
Cleaning agent/soap	
Cotton balls	
Thermometer	
Tube of petroleum jelly or other lubricant	
Hydrocortisone	
Needle and medical thread	
CPR breathing barrier, such as a face shield	
First aid manual	
Aspirin and non-aspirin pain reliever	
Anti-diarrhea medication	
Antacid (for stomach upset)	
Moleskin	
Rubbing Alcohol	
Laxative	
Prescriptions	
Syrup of Ipecac (use to induce vomiting if advised by Poison Control)	
Benadryl	
Burn Gel or Aloe lotion	
Calamine lotion	
Betadine or hydrogen peroxide	
Activated charcoal (use if advised by Poison Control)	
Space Blanket	
Sunscreen	
Insect Repellent	
Extra eyeglasses/contact lenses	

Sanitation and Hygiene Supplies

Item	✓
Washcloth and towel	
Bars of Soap	
Hand sanitizer	
Towelettes or baby wipes	
Toothpaste, tooth brushes, dental floss	
Baking Soda	
Comb and Brush	
Shampoo	
Deodorants, sunscreen	
Razor, shaving cream	
Lip balm	
Contact lens solutions	
Mirror	
Feminine supplies	
Water Filtration Straw	
Household chlorine bleach or chlorinated powder bleach	
A small shovel for digging a latrine	
Heavy-duty plastic garbage bags and ties for camp toilet	
Camp Toilet Seat and 5 gallon bucket	
Toilet paper	
Wash Clothes	
Bath Towels	

Special Items

For Baby	✓
Formula	
Diapers	
Bottles	
For Adults	✓
Denture needs	
Contact lenses and supplies	
Extra eye glasses	

Equipment and Tools	
Tools	✓
Portable, battery-powered AM/FM radio and extra batteries	
NOAA Weather Radio	
FRS/GMRS walkie-talkie radios	
Flashlight and extra batteries	
Matches in a waterproof container (or waterproof matches)	
Flint and Steel, Lighters	
Shut-off wrench, pliers, shovel, and other tools	
Duct tape, electrical tape and scissors	
Plastic sheeting	
Whistle	
Small canister, ABC-type fire extinguisher	
Tube tent	
Compass and local topo maps	
Work gloves	
Paper, pens, and pencils	
Needles and thread	
Plastic storage containers	
Multi-purpose glue	
Fixed Blade Knife	
Firearm and ammunition	
Battery-operated travel alarm clock	

Kitchen Items	✓
Manual can opener	
Mess kits, sauce pans, frying pans	
All-purpose knife	
Measuring cups and spoons	
Bowls, plates, cups and utensils	
Aluminum foil and plastic wrap	
Resealable plastic bags	
Large water containers/jugs	
Dish pan and dish soap	
Small cooking stove and a can of cooking fuel (if food must be cooked)	

Comfort Items	✓
Games and cards	
Books	
Toys for kids	

Food and Water	
Supplies	✓
Water (one gallon per person per day, keep at least a two week supply for each person in your household)	
Read-to-eat meats, fruits, and vegetables	
Canned or boxed juices, milk (if powdered store extra water) and soup	
High-energy foods such as peanut butter, low-sodium crackers, granola bars, and trail mix	
Vitamins	
Special foods for infants or persons on special diets	
Cereals	
Powdered milk	
Comfort/stress foods-cookies, candy	
Clothes and Bedding Supplies	
Item	✓
Complete change of clothes	
Sturdy shoes or boots	
Rain gear	
Hat and gloves	
Extra socks	
Extra underwear	
Thermal underwear	
Sunglasses	
Blankets/sleeping bags and pillows	
Documents and Keys (Keep in a watertight, fireproof container)	
Item	✓
Personal identification	
Cash	
Credit cards	
Extra set of house keys and car keys	
Copies of the following:	
• Birth certificate	
• Marriage certificate	
• Education records	
• Driver's license (copy)	
• Social Security cards	
• Passports and citizenship records	
• Wills and powers of attorney	
• Deeds, Titles and Leases	
• Inventory of household goods	
• Insurance papers	
• Immunization records	
• Bank and credit card account numbers	
Emergency contact list and phone numbers	
Map of the area and phone numbers of places you could go	