

Insurance is important, but you'll still need to be prepared. Use this checklist to get ready.

Water

- Store Water in plastic, unbreakable containers
- Store one gallon of water per person per day
- Keep at least a three day supply of water for each person in your house

Food

- Store at least a three-day supply of nonperishable food (Select foods that require no refrigeration, cooking, and little or no water.)
- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered store extra water)
- Staples: sugar, salt, pepper
- High-energy foods: peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods: cookies, hard candy, sweetened cereals, instant coffee

Clothing/Bedding

- Include at least one complete change of clothing and footwear per person.
- Sturdy shoes/work boots
- Weather-appropriate clothing such as rain gear, hats and gloves, sunglasses
- Blankets or sleeping bags

First Aid Kit

- At least a three day supply of all prescriptions
- Sterile adhesive bandages, gauze pads, roller bandages and safety pins in assorted sizes (several of each)
- Tube of petroleum jelly or other lubricant
- Cleansing agent/soap
- Non-prescription drugs such as aspirin or non-aspirin pain reliever; anti-diarrhea medication, antacid
- Thermometer
- Tweezers
- Scissors
- Antiseptic
- Vitamins
- Sunscreen
- Moistened towlettes
- Latex gloves (2 pairs)

Important Family Documents

- Store in a waterproof, portable container
- Wills, insurance policies, contracts, deeds, stocks and bonds, family records
- Passports, immunization records, bank and credit card account numbers
- Inventory of valuable household goods and important telephone numbers

Tools and Supplies

- Paper cups, plates and plastic utensils
- Battery-operated radio and extra batteries
- Flashlights and extra batteries, whistle
- Cash or travelers' checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Matches in a waterproof container
- Plastic storage containers
- Shut-off wrench to turn off household gas and water
- Map of the area (for locating shelters)
- Sanitation items such as toilet paper, soap, liquid detergent, feminine supplies, personal hygiene items
- Plastic garbage bags, sheeting, ties
- Plastic bucket with tight lid
- Household chlorine bleach
- Aluminum foil
- Medicine dropper
- Needles, thread
- Tube tent
- Paper, pencil
- Signal flare