

# Emergency Supplies Checklist for 14-Day Kit

✓	Food
pp	14-gallons of water (1 gallon per day)*
pp	16 cans protein (meat/beans)*
pp	7-8 large cans juice*
pp	18 cans fruit*
pp	18 cans vegetables*
	3+ jar(s) nut butter ( <i>ie: peanut, almond</i> )
	9-10 cans soup (cooked, non-condensed)
	5+ boxes high-energy snacks
	5 boxes crackers
	dried fruits/nuts
	dry cereal
	comfort foods ( <i>ie: candy, cookies, coffee/tea</i> )
	<i>special dietary foods as needed</i>

✓	Hardware
	work gloves
	safety goggles
pp	disposable dust mask(s)*
pp	Flashlight/headlamp with batteries*
	heavy cotton or hemp rope/550 Paracord
	duct tape
	battery-powered/crank radio
	wrench to turn off utilities
	extra batteries for flashlights, radio
	pry bar
	pliers
	screwdriver set
	hammer
	tarps/plastic sheeting (various sizes)
	utility or camping knife, multi-tool
	hand saw, machete
	compass, mirror, whistle

✓	Household/Sanitation
	CASH ( <i>more is better, small bills</i> )
	copies of important papers including prescriptions in waterproof container
	local, regional maps
	paper, pen/pencil, permanent pen
	safety light or light wand
	can opener, hand-operated
	cooking stove, fuel (use outside only)
	matches in waterproof container, lighter
	Water treatment options (bleach, iodine tablets, UV tool, pumps, etc.)
	cooking pots/pans
	plates/bowls, eating utensils
	aluminum foil, plastic wrap
	plastic food bags, large, containers+ lids
	liquid dish soap
	paper towels, at least 3-4 rolls
	facial tissues, at least 1 box
	heavy-duty garbage bags w/ties, 1 box
	household chlorine bleach
	liquid antibacterial hand soap
	medicine dropper to treat water
	toilet paper, at least 4 rolls
	plastic bucket with tight lid for toilet
	bio bags or cat litter for toilet
	sewing kit

✓	Personal Comfort
pp	toothbrush and travel-size toothpaste*
	disposable hand wipes
	comfort items/entertainment
	shampoo/dry shampoo
	<i>feminine hygiene supplies if needed</i>
pp	<i>extra eye glasses/hearing aids if needed*</i>
pp	<i>prescriptions marked "emergency use"</i>

✓	Medicine/First Aid
	container/organizer
	<b>Supplies</b>
	adhesive tape, medical tape
	assorted sterile adhesive bandages
	gauze pads, non-sterile (suggest 4x4)
	gauze pads, sterile (suggest 4x4)
	roller bandages (suggest 4 inch wide)
	triangle bandages
	<b>Tools</b>
	tongue blades/depressors
	safety pins
	trauma shears
	sewing needles
	thermometer
	tweezers
	splint/splinting material
	<b>Medicines</b>
	antacid
	antidiarrheal
	laxative
	pain reliever(s) (ibuprophen, acetaminophen, aspirin)
	sunscreen
	antihistamine/benadryl
	antibiotic ointment/antibiotic wash
	insect repellent
	sunscreen
	<b>Safety/PPE</b>
	nitrile gloves
	masks
	disposable hand wipes
	liquid antibacterial hand soap
	rubbing alcohol/disinfectant

*Over for Additional/Optional items*

\* and pp indicate amount is per person/pet

Based on Content from American Red Cross Disaster Preparedness Calendar

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## ✓ Additional Items as Needed

pp	contact lens supplies*
pp	hearing aid batteries, supplies*
pp	denture care supplies*
	extra cane/walker
	non-motorized wheelchair
	extra batteries for visual or sensory alarms, pagers and TTY
	Weather Alert Transmitter/Radio with text display and flashing alert

## ✓ Additional Useful Optional Items

	portable charger for electronics
	variety of charging cables
	extra battery for cell phone
	carabiners
	generator with extra fuel/oil
	Kneepads

## ✓ Baby/Young Children

	diapers, wipes
	powder/baby balm
	small trash bags
	baby food and/or formula
	bottles if needed
	baby spoons
	extra clothes
	baby/child medications
	small toys, stuffed comfort animals
	entertainment items (ie: coloring book/crayons, games, cards, books)

## ✓ Pets

pp	14-gallons of water (1 gallon per day)*
pp	pet food (amount varies by pet)
pp	medicines (with instructions)
pp	leash or pet carrier
pp	extra ID tags on collar
	pet first aid kit
pp	copies of important papers – Vet information, medications, registration info in waterproof container
pp	photo of you with pet(s)
pp	crate or carrier
	sanitation materials-pet litter, bags
	toys, familiar bedding

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RedmondCERT.org

Quarterly newsletter: <http://eepurl.com/b4rsTn>

*Over for Main list*

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