

# Disaster Supply Checklist

## First Aid Supplies

Supplies	Home (√)	Vehicle (√)	Work (√)
Adhesive bandages, various sizes			
5" x 9" sterile dressing			
Conforming roller gauze bandage			
Triangular bandages			
3" x 3" sterile gauze pads			
4" x 4" sterile gauze pads			
Roll 3" cohesive bandage			
Germicidal hand wipes or waterless, alcohol-based hand sanitizer			
Antiseptic wipes			
Pairs large, medical grade, non-latex gloves			
Tongue depressor blades			
Adhesive tape, 2" width			
Antibacterial ointment			
Cold pack			
Scissors (small, personal)			
Tweezers			
Assorted sizes of safety pins			
Cotton balls			
Thermometer			
Tube of petroleum jelly or other lubricant			
Sunscreen			
CPR breathing barrier, such as a face shield			
First aid manual			

## Non-Prescription and Prescription Medicine Kit Supplies

Supplies	Home (√)	Vehicle (√)	Work (√)
Aspirin and non-aspirin pain reliever			
Anti-diarrhea medication			
Antacid (for stomach upset)			
Laxative			
Vitamins			
Prescriptions			
Extra eyeglasses/contact lenses			

## Sanitation and Hygiene Supplies

Item	(√)
Washcloth and towel	
Towelettes, soap, hand sanitizer	
Tooth paste, toothbrushes	
Shampoo, comb, and brush	
Deodorants, sunscreen	
Razor, shaving cream	
Lip balm, insect repellent	
Contact lens solutions	
Mirror	
Feminine supplies	
Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper	
Medium-sized plastic bucket with tight lid	
Disinfectant and household chlorine bleach	
A small shovel for digging a latrine	
Toilet paper	

## Equipment and Tools

Tools	(√)
Portable, battery-powered radio or television and extra batteries	
NOAA Weather Radio, if appropriate for your area	
Flashlight and extra batteries	
Signal flare	
Matches in a waterproof container (or waterproof matches)	
Shut-off wrench, pliers, shovel, and other tools	
Duct tape and scissors	
Plastic sheeting	
Whistle	
Small canister, ABC-type fire extin- guisher	
Tube tent	
Compass	
Work gloves	
Paper, pens, and pencils	
Needles and thread	
Battery-operated travel alarm clock	

Kitchen Items	(√)
Manual can opener	
Mess kits or paper cups, plates, and plastic utensils	
All-purpose knife	
Household liquid bleach to treat drinking water	
Sugar, salt, pepper	
Aluminum foil and plastic wrap	
Resealable plastic bags	
Small cooking stove and a can of cooking fuel (if food must be cooked)	

Comfort Items	(√)
Games	
Cards	
Books	
Toys for kids	
Foods	

## Food and Water

Supplies	Home (√)	Vehicle (√)	Work (√)
Water			
Ready-to-eat meats, fruits, and vegetables			
Canned or boxed juices, milk, and soup			
High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix.			
Vitamins			
Special foods for infants or persons on special diets			
Cookies, hard candy			
Instant coffee			
Cereals			
Powdered milk			

## 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

*Make sure you keep these items in a watertight container*

Item	Stored (✓)
Personal identification	
Cash and coins	
Credit cards	
Extra set of house keys and car keys	
Copies of the following:	
• Birth certificate	
• Marriage certificate	
• Driver's license	
• Social Security cards	
• Passports	
• Wills	
• Deeds	
• Inventory of household goods	
• Insurance papers	
• Immunization records	
• Bank and credit card account numbers	
• Stocks and bonds	
Emergency contact list and phone numbers	
Map of the area and phone numbers of places you could go	