**EMERGENCY ESSENTIALS CHECKLIST**

**GO BAG (72-Hour Kit)**
- Backpack*
- Flashlight and extra batteries*
- Whistle*
- Dust mask*
- Toothbrush/Toothpaste*
- 3 day's worth high-calorie food*
- 3 days worth bottled water*
- Cash (small bills)
- Spare keys
- 1 roll toilet paper*
- Deluxe first aid kit
- Pain reliever
- Laxatives
- 2 bottles antacid
- Scissors
- Tweezers
- Thermometer
- Petroleum jelly
- Rubbing alcohol
- Anti-diarrheal
- Antiseptic ointment
- Multi-vitamins
- Prescription meds*
- Important documents in waterproof bag
- Warm/waterproof clothing*
- Comfort items*
- Compass
- Waterproof matches

**AT HOME (1-Month Kit)**
- Extra large plastic tote(s)
- Paper and pen
- Permanent marker
- Local paper map
- Heavy cotton or hemp rope
- 2 rolls duct tape
- 2 flashlights or headlamps w/batteries
- Flashing safety light or wand
- Portable stove or grill
- Stove fuel
- Cooking pot
- Utensils*
- Plate, cup bowl*
- 1 hand-operated can opener
- Extra pair of shoes*
- Warm clothes, socks*
- Blankets*
- Extra whistle*
- Work gloves*
- Gas shutoff wrench
- Pry bar
- Pliers or multi-tool
- Screwdriver (Phillips & standard)
- Hammer
- Safety glasses*
- Snow shovel
- Portable battery for electronics
- Spare electronics charging cables
- Battery powered AM/FM/NOAA radio w/ extra batteries or hand crank
- 8 rolls toilet paper*
- 5 gallon bucket for toileting
- Toilet seat lid for bucket
- 5 gallon trash bag liners
- Container of quicklime (to sprinkle on waste between uses)
- Household liquid bleach
- Eye dropper
- Water filtration system
- Roll of plastic sheeting
- Plastic containers w/lids
- 1 bar of soap*
- 1 bottle of shampoo*
- Razor/shaving cream/deodorant*
- Disinfectant spray
- Sunscreen
- Safety pins
- Liquid antibacterial soap
- Box of gallon Ziploc bags
- 2 boxes heavy-duty garbage bags
- Aluminum foil
- Food/Water
  - 30 gallons of water*
  - 4 cans tuna*
  - 20 cans fruit*
  - 4 cans chili*
  - 4 boxes pasta*
  - 8 cans ready-to-eat soup*
  - 1 10 pound bag of rice
  - 4 cans chicken*
  - 1 package of cookies*
  - 4 boxes of granola bars*
  - 2 jars peanut butter*
  - 1 box saltines*
  - 1 box graham crackers*
  - 3 boxes instant oatmeal*
  - Electrolyte tabs or powder
  - 12 Ramen or instant noodles*
  - Favorite comfort foods*
  - 8 cans stew*
  - 12 cans vegetables*
  - 12 rolls paper towels
  - 4 cans beans*
  - 1 large jar jelly*
  - 1 large jar honey*
  - 2 pounds powdered milk*
  - 12 boxes easy stovetop-style meals*
  - 2 packages spaghetti noodles*
  - 2 jars spaghetti sauce*
  - 1 box favorite crackers*
  - 2 boxes facial tissue*
  - Lotion
  - Sewing kit w/extra needles*
  - Disposable hand wipes

**Specialty**
- Infant/toddler items
- Pets/service animal items
- Denture care
- Feminine hygiene items
- Glasses/contacts/supplies
- Hearing aid batteries
- Rx meds, injectables, oxygen, etc.
- Diabetic supplies, test strips, etc.
- Wheelchair/accessories
- Spare cane/walker
- Medic alert tags/bracelet
- Communication aids

*PER PERSON