

HOPE

helping others prepare for emergencies

BEGINS HERE

FAMILY PREPAREDNESS KIT CHECKLIST



WEEK 1: WATER

HOUSEHOLD SIZE

✓	1	2	3	4	
	3	6	9	12	Gallons of water



WEEK 2: CANNED, PACKAGED & COMFORT FOOD

HOUSEHOLD SIZE

✓	1	2	3	4	
	3	6	9	12	Cans of meat
	3	6	9	12	Cans of fruit
	3	6	9	12	Cans of vegetables
	1	1	1	2	Box(es) of dry cereal
	1	1	1	2	Package(s) of granola
	1	1	1	2	Box(es) of protein bars
	1	1	2	2	Box(es) of fruit bars
	1	1	2	2	Package(s) of dried fruit
	1	1	2	2	Package(s) of nuts
	1	1	1	1	Large jar of peanut butter
	1	1	2	2	Large bottle(s) of fruit juice
	1	1	2	2	Box(es) of crackers
	1	1	2	2	High energy food bar(s)
	1	1	1	1	Box of powdered milk
	1	1	1	1	Salt & Pepper
	1	1	1	1	100 count of paperplates & napkins
	1	1	1	1	100 count of plastic eating utensils
					Comfort foods
					Vitamins



WEEK 3: WARMTH, WEATHER RADIO, FLASHLIGHTS & EXTRA BATTERIES

✓	WARMTH
	Sleeping bag(s) and/or blanket(s)
	Sturdy shoes
	Rain gear
	Extra set(s) of clothes
	Gloves (if applicable)
	Hat(s) (if applicable)
	Coat(s) (if applicable)
	Thermal long underwear (if applicable)
	NOAA WEATHER RADIO
	NOAA Weather Radio
	Extra batteries
	BATTERY-POWERED OR HAND CRANK AM/FM RADIO
	Battery-Powered or Hand Crank AM/FM Radio
	Extra batteries
	FLASHLIGHTS & EXTRA BATTERIES (1 for each household member)
	Flashlight(s)
	Extra batteries



WEEK 4: CLEAN AIR, FIRST AID & PERSONAL HYGIENE

✓	CLEAN AIR
	Face mask or dense-weave cotton material for nose and mouth protection (get 1 or more that fit tightly for each household member)
	Heavyweight plastic garbage bags or plastic sheeting
	Duct tape
	Scissors
	FIRST AID
	Two pairs of Latex or other sterile gloves
	Sterile dressings to stop bleeding
	Cleansing agent/soap and antibiotic towelettes to disinfect
	Antibiotic ointment to prevent infection
	Burn ointment to prevent infection
	Adhesive bandages in a variety of sizes
	Eye wash solution to flush the eyes or as general decontaminant
	Prescribed medications you take every day (rotate meds to account for expiration dates)
	Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
	Scissors and tweezers
	Non-prescription drugs (e.g., aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid, and laxative)
	PERSONAL HYGIENE (1 kit for each household member)
	Gallon-size zip-lock bag

WEEK 4: PERSONAL HYGIENE CONTINUED

Hand towel
Washcloth
Comb or brush
Nail file or fingernail clippers
Bath-size bar of soap (3 oz. and up)
Toothbrush
Large tube of toothpaste
Adhesive plastic strip sterile bandages
Other items as desired (e.g., hair ties, feminine health care products, etc.)
ADDITIONAL CONSIDERATIONS - TOILETRIES
Toilet paper
Towelettes
Disinfectant spray
Household chlorine bleach (bottle)



WEEK 5: SPECIAL ITEMS

SENIORS & PEOPLE WITH SPECIAL NEEDS

Personal Health Needs Record
Emergency Documents Folder
Extra 7-day supply of prescription medications
Extra dentures and eyeglasses
Extra hearing-aid batteries
Extra wheelchair batteries and oxygen
Medical insurance and Medicare cards
List of doctors, relatives, or friends who should be notified if you are hurt

BABIES

Formula
Diapers
Bottles
Powdered milk
Medications
Moist towelettes
Diaper rash ointment
Other items as desired (e.g., comfort items such as pacifier, blanket, stuffed animal, etc.)

PETS AND SERVICE ANIMALS

Water, food and treats for at least 7 days
Medicines
Pet carrier
Harness or leash
Dog muzzle
Manual can opener and plastic lid for canned food
Non-spill pet travel bowls
Plastic bags, cat litter box, and litter
Travel size bird cage and cover
Copy of pet's registration information, adoption papers, vaccination documents, and medical records (place in waterproof container or zip-lock bag)
Recent photo of each pet and you together to help document ownership if you and your pet become separated. On back of photo write your pet's name, species, age, sex, color, any distinguishing characteristics, and your contact information.

EMERGENCY DOCUMENTS

Birth certificates
Bonds
Certificates of deposit
Charge card and bank account information
Copy of a phone and/or utility bill addressed to you (for proof of residence)
Copy of your will (original with your attorney)
Death certificates
Deeds
Divorce certificates
Driver's licenses
Family records
Financial inventory
Home inventory
Home, auto and life insurance policies
Immunization records
Legal documents/contracts
Marriage certificates
Medical records
Military discharge papers
Passports
Social Security Cards or numbers
Stock certificates
Tax records
Titles to property
Trust documents

Visit www.hopebeginshere.org and click on "Family Preparedness" and then "Get a Kit / Make a Plan" for a Microsoft Excel version of the Family Preparedness Kit Checklist. This version includes a place to add and total price information, as well as, provides suggested quantities for additional 4-day and 7-day family preparedness supplies.