



Are You Prepared?

Emergency Supply Kit Checklist

Courtesy of Core Assurance Partners

Everyone should have some basic supplies on hand in order to survive for at least three days if an emergency or disaster occurs. This checklist includes some basic items that every emergency supply kit should have; however, it is important that as you review this list, you also consider the unique needs of your family in order to create an emergency supply kit that will meet those needs. Ideally, you should maintain at least two emergency supply kits—one full kit at home and smaller, portable kits in your vehicle and at your workplace or any other places that you spend time.

General Recommended Supplies

<input type="checkbox"/>	One gallon of water per person per day for at least three days, for drinking and sanitation
<input type="checkbox"/>	At least a three-day supply of non-perishable food
<input type="checkbox"/>	A battery-powered radio and a National Oceanic and Atmospheric Administration Weather Radio with tone alert, and extra batteries for both
<input type="checkbox"/>	A flashlight and extra batteries
<input type="checkbox"/>	A first-aid kit

<input type="checkbox"/>	A whistle to signal for help
<input type="checkbox"/>	Infant formula and diapers, if you have a baby
<input type="checkbox"/>	Moist towelettes, garbage bags and plastic ties for personal sanitation
<input type="checkbox"/>	A dust mask or cotton t-shirt, to help filter the air
<input type="checkbox"/>	Plastic sheeting and duct tape for sheltering in place
<input type="checkbox"/>	A wrench or pliers to turn off utilities
<input type="checkbox"/>	A can opener for food (if your kit contains canned food)
<input type="checkbox"/>	Cellphones and chargers

Clothing and Bedding

When the weather is cold, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. You should have one complete change of warm clothing and shoes per person, including:

<input type="checkbox"/>	A jacket or coat
<input type="checkbox"/>	Long pants
<input type="checkbox"/>	A long-sleeved shirt
<input type="checkbox"/>	Sturdy shoes
<input type="checkbox"/>	A hat and gloves
<input type="checkbox"/>	A sleeping bag or warm blanket for each person

Family Supply List

Below are some other items for your family to consider adding to your supply kit. Some of these items, especially those marked with an asterisk (*), can be dangerous, so an adult should collect these supplies.

<input type="checkbox"/>	Emergency reference materials, such as a first-aid book
<input type="checkbox"/>	Rain gear

<input type="checkbox"/>	Mess kits, paper cups, plates and plastic utensils
<input type="checkbox"/>	Cash or traveler's checks
<input type="checkbox"/>	Paper towels
<input type="checkbox"/>	A fire extinguisher
<input type="checkbox"/>	A tent
<input type="checkbox"/>	A compass
<input type="checkbox"/>	Prescription medications and glasses
<input type="checkbox"/>	Infant formula and diapers
<input type="checkbox"/>	Pet food and extra water for a pet (if applicable)
<input type="checkbox"/>	Matches in a waterproof container*
<input type="checkbox"/>	A signal flare*
<input type="checkbox"/>	Paper and pencils
<input type="checkbox"/>	Personal hygiene items, including feminine supplies
<input type="checkbox"/>	Disinfectant*
<input type="checkbox"/>	Household chlorine bleach*
<input type="checkbox"/>	A medicine dropper
<input type="checkbox"/>	Important family documents, such as copies of insurance policies, forms of identification and bank account records in a waterproof, portable container
<input type="checkbox"/>	Local maps

Core Assurance Partners is committed to helping you and your loved ones stay safe when disaster strikes. For more risk management guidance, [contact us](#) today.