Emergency Preparedness Checklist

HOUSEHOLD _____

LAST CHECKED _____

WATER AND FOOD

- [ ] Water: 1 gallon per person per day, for several days
- [ ] Non-perishable food for several days
- [ ] Manual can opener
- [ ] Pet food and supplies
- [ ]
- [ ]

LIGHT, POWER AND RADIO

- [ ] Flashlight and extra batteries
- [ ] Battery or hand-crank radio
- [ ] Phone chargers and power bank
- [ ] Whistle
- [ ]
- [ ]

HEALTH AND SAFETY

- [ ] First aid kit
- [ ] Medications and copies of prescriptions
- [ ] Spare glasses or contacts
- [ ] Dust masks and wipes
- [ ]
- [ ]

DOCUMENTS AND MONEY

- [ ] Copies of IDs and insurance in a waterproof bag
- [ ] Cash in small bills
- [ ] Printed emergency contact list
- [ ]
- [ ]

GO BAG

- [ ] Water and snacks
- [ ] Flashlight
- [ ] Phone charger
- [ ] Copies of documents
- [ ] A change of clothes
- [ ] Medications
- [ ]
- [ ]

FAMILY PLAN

- [ ] Meeting place near home
- [ ] Meeting place outside the neighborhood
- [ ] Out-of-town contact
- [ ] How we will reach each other
- [ ] Practice the plan with everyone
- [ ]
- [ ]

REFRESH

- [ ] Test smoke and CO alarms every month
- [ ] Rotate stored water every 6 months
- [ ] Check food expiry dates every 6 months
- [ ] Replace kit batteries every 12 months
- [ ]
- [ ]

For more detail and the risks in your area, see Ready.gov, the official US emergency preparedness site.