

EMERGENCY SURVIVAL CHECKLIST

- Flashlight & Batteries
- Clothing & Footwear
- Radio w / Batteries or Crank Radio
- Blankets or Sleeping Bags
- Toilet Paper & other Personal Items
- First-Aid Kit
- Medication
- Candles and Matches / Lighter
- Backpack or Duffel Bag to hold Emergency Survival Kit
- Extra Car Keys & Cash
- Identification Papers
- Whistle (to attract attention, if required)
- Food & Bottled Water
- Playing Cards / Games

Think of any specific needs that your family might have. Do you have a small child that would need diapers or formula? Prescription Drugs? Extra Oxygen Cylinders? Pets? Waterproof container to hold important items.

EMERGENCY FOOD & WATER

- Three day supply of water
- Canned foods: soups, stews, baked beans, meat, poultry, fish, vegetables, fruit
- Pasta
- Crackers
- Honey
- Peanut Butter
- Syrup
- Jam
- Salt & Pepper
- Sugar
- Instant Coffee or Tea

** Mark a date on your food items and remember to replace canned and dry goods once a year. Try to pick foods that are ready-to-eat, and don't require refrigeration or cooking.

ADDITIONAL ITEMS

- Knives, Forks and Spoons
- Cups & Plates
- Can and Bottle Openers
- Waterproof Matches and Plastic Garbage Bags
- Pocket Knife and / or Multi Tool