EMERGENCY SUPPLY CHECKLIST

Food & water
- At least 1 gallon/person/day (extra for nursing mothers) for drinking and sanitation
- At least 3 day food supply/person (food people will eat and that requires little or no preparation or refrigeration)
  - Ready to eat food (meats, fruit, vegetables)
  - Protein or fruit bars
  - Peanut butter
  - Cereal
  - Dried fruits
  - Crackers
- Plates, cups, utensils
- Can openers, cooking supplies
- Canned milk
- Canned fruits
- High energy foods
- Vitamins
- Food for infants / elderly
- Comfort food
- Tea & coffee
- Food and water for pets

Health
- First aid kit
- Medications (BP, insulin, etc.)
- Pain relief, antacid, anti-diarrhea
- Dust masks
- Baby supplies (diapers, formula, wipes, bottles)
- Eye glasses, contact lens supplies
- Denture supplies
- Toothbrushes, tooth paste
- Moist towelettes
- Toilet tissue
- Garbage bags
- Bleach
- Soap, shampoo
- Feminine supplies
- Sanitation supplies
- Portable water bottle

Supplies & Documents
- Work gloves
- Shovel
- Batteries
- Radio (battery or hand cranked)
- Flashlights, head lamps, lanterns
- Matches
- Paper towels
- Tools (including gas wrench)
- Garbage bags / plastic bags
- Sleeping bags, Blankets, Tents
- Fire extinguisher (A, B, C type)
- Dusk mask
- Whistle
- Tarps
- Rope, cord
- Tape (including heavy duty)
- Tacks, nails
- Towels
- Extra house & car keys
- Candles
- Sturdy shoes
- Pet supplies – leash, carrier, bowl
- Extra clothes (change of clothes)
- Markers, pens, paper
- Activities for children (games, cards)
- Car charger for cell phone
- Maps
- Extra cash ($20 bills or smaller)
- List of contacts (local & out of area)
- Copies of birth certificates, ownership papers, passport, and other essential documents
EMERGENCY SUPPLY CHECKLIST

References & Information
- FEMA – ready.gov
- SMC Alert – smcalert.info (San Mateo County emergency alerts)
- SMC Ready – smcready.org
- Red Cross – redcross.org/find-help/disaster-recovery
- Driving - dmv.org/how-to-guides/emergency-kit.php
- Pet supplies - aspca.org/pet-care/disaster-preparedness
- Basic Disaster Supply Kit – ready.gov/kit
- Build a Kit - www.ready.gov/build-a-kit
- Make a Plan - ready.gov/make-a-plan
- Food safety - www.ready.gov/food
- Businesses – ready.gov/business
- Where to store your supplies - www.ready.gov/kit-storage-locations
- Rotate (change) your food and water supplies every 6 months (write dates on them)

Updated – September 2017