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EMERGENCY KIT WORKSHEET

When checking off the items on your list, think about the number of people in your family, or any others who will be using the kit. For example, if you have four family members, you will need 4x the amount as you would need for one person, regarding items such as food, water, blankets, etc. The number of some items needed will not change, however.

As you begin stocking your kit, keep the worksheet handy as a reminder about replenishing perishable items such as food, water, batteries, etc. from time to time. Now is the time to do it... while everything is calm and you are thinking clearly.

If you prefer, visit the Red Cross link below and purchase an Emergency Supply Kit, as well as additional supplies, online.

www.redcrossstore.org

- Prescription medications and eyeglasses _____ ☐
- Infant formula and diapers (if applicable) _____ ☐
- Important family documents such as copies of insurance policies, bank account records, I.D. cards and, in case of separation, photos of family members and pets for identification _____ ☐
- Cash and traveler's checks _____ ☐
- Backpack _____ ☐
- Battery powered flashlight (batteries included) _____ ☐
- Cell phone charger (batteries included) _____ ☐
- Nutrition/protein bars _____ ☐
- Canned foods and juices _____ ☐
- Eating Utensils _____ ☐
- Can opener for food (if kit contains canned food) _____ ☐
- Water (at least 1 gallon per person, per day) _____ ☐
- Pet food and extra water for your pet (if applicable) _____ ☐
- Work Gloves _____ ☐
- Light Sticks (3 each; one lasts 12 hours) _____ ☐
- Moist towelettes _____ ☐
- Breathing Masks (NIOSH-N95) _____ ☐
- Plastic Sheeting (10'x10') _____ ☐
- Rain Ponchos _____ ☐
- Personal First Aid Kit _____ ☐
- Roll of Duct Tape _____ ☐
- Whistle _____ ☐
- Sleeping bag or warm blanket for each person _____ ☐
- Complete change of clothing, including a long sleeved shirt, long pants and sturdy shoes.
(Consider additional clothing if you live in a cold-weather climate.) _____ ☐
- Personal Hygiene Kit (includes shampoo/body wash, wash cloth, toothbrush and toothpaste, comb, deodorant) _____ ☐
- Books, games and/or puzzles for children _____ ☐
- Wrench or pliers to turn off utilities _____ ☐
- Battery-operated radio or TV _____ ☐
- Local maps _____ ☐