



Emergency Kit

Visual Checklist for Disaster Supplies

 Water	 Food	 Prescription Medications	 First Aid Kit	 Baby Supplies	 Pet Supplies	 Bleach & Eye-dropper
 Mylar Blanket	 Blankets	 Sleeping Bag	 Glasses & Eye Protection	 Extra Clothing	 Personal Hygiene	 Towelettes
 Towels	 Sanitation	 Plastic Sheeting	 Tube Tent	 Backpack	 Dust Mask	 Work Gloves
 Flashlight	 Batteries	 Matches	 Candles	 Lightsticks	 Knife	 Multi-purpose Tool
 Wrench, Pliers, Crowbar	 Rope / Cord	 Duct Tape	 Can Opener	 Kitchen Items	 Scissors	 Fire Extinguisher
 Compass	 Pen & Paper	 Radio	 Cell Phone & Charger	 Whistle	 Signal Mirror	 2-way Radios
 Emergency Guide/Plan	 Family Documents	 Maps	 Camera	 Games & Books	 Extra Keys	 Cash, Travelers Checks, Coins

References



American Red Cross
www.redcross.org



Ready
www.ready.gov



Federal Emergency Management Agency
www.fema.gov



Letter or Note of Love & Hope

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer.
Ready America

1. Get a kit
2. Make a plan
3. Be informed

Checklist prepared with guidance from Craig Baldwin, Tracy Burt, Abigail Cermax, Michelle Gregory, Hidzshko Kanegai PhD, Andy Parikh, Lisa Peiffer, Neal Brinvas PhD, Jane Stephens, Tomoko Sugatani and Bob Weil.

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Emergency Comfort Kit Guide
www.stephensplanning.com/comfort_kit.pdf



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