



Emergency Preparedness Checklist

If you've ever been in an emergency, then you know how terrifying they can be. From hurricanes, to tornadoes, to wildfires, earthquakes, blizzards, and floods, no one likes to be caught unawares. Luckily, with a little forethought, you can prepare yourself and your family for whatever emergencies might hit in the future. Take the time now to put together an emergency preparedness kit so that, when an emergency does strike, you know that you're set!

The Essentials

- Water:** Aim to have 1 gallon of water per person per day, for at least 3 days. This will be used for drinking, cooking, and sanitation.
- Food:** Aim to have at least a 3-day supply of non-perishable food (canned goods, dried foods, meal replacement bars/shakes, etc.). Don't forget to also have a manual can opener to open your canned goods! If possible, account for the needs of your pets as well.
- Flashlight:** This will come in handy if you lose power. In case the flashlight becomes damaged, it is also recommended that you have a supply of candles and matches/lighter.
- Radio:** A battery-powered or hand-crank radio will allow you to stay on top of developing news should you lose power.
- Extra batteries and chargers:** For your radio, flashlight, phone, etc.
- Local Maps:** In case you need to plan a route out of a disaster zone.
- First aid kit:** Should include bandages, ointments, basic disinfectants, and other emergency supplies in case of injury.
- Prescription Medication**
- Sanitary items:** Moist towelettes, garbage bags, toilet paper, feminine hygiene products, etc.
- Wrench or pliers:** To turn off utilities and prevent damage to your home.
- Financial Documents:** These should be stored in a waterproof container or Ziploc bag (or both, to ensure they are not damaged in water). Consider also uploading these to a cloud-based system like Google Drive to ensure they survive. This should include:
 - Checkbooks, debit/credit cards, and at least some cash or traveler's checks**
 - Insurance Policies**
 - Identification (birth certificates and Social Security Cards)**
 - Bank Account/Safety Deposit Box Records**
 - Mortgage records and deeds**
 - Student loan records (including your Master Promissory Note and lender contact information)**
 - Wills/Living Wills**

Other Items to Consider

In addition to the essentials listed above, consider including the items below for a more robust emergency preparedness kit.

- Non-Prescription Medication:** Such as pain relievers, antacids, laxatives, anti-diarrheals, etc.
- Spare glasses, contacts, and contact solution.**
- A sleeping bag or warm blanket per person.**
- A change of clothing for warm and cold weather.**
- Fire extinguisher.**
- A bottle of Chlorine and an eyedropper:** To disinfect water for drinking.

Maintaining Your Kit

Building your kit is only half the battle. You must also take care to maintain it. Replace expired foods and medications as needed, update your financial documents yearly, and add or remove items as your personal and family situation changes. It is always better to be overly prepared than not prepared enough!