

Emergency Supply Kit Checklist

You can be prepared by creating an emergency supply kit. Include items for yourself, your family, and your pets for three days minimum, possibly a week. Keep your kit in a sturdy, easy to carry backpack or duffel bag in case you need to evacuate.

WATER AND FOOD

- One gallon of water per person, per day
- Ready-to-eat canned meats, fish, soups, beans, vegetables and fruits. *Choose foods that need little or no cooking*
- Salt, pepper, sugar, spices
- Powdered milk, tea, instant coffee
- High-energy snacks: nuts, protein bars, trail mix, peanut butter
- Comfort foods: granola, dried fruits, cookies, crackers, hard candy, cocoa
- Foods for infants, individuals with special needs and pets
- Paper cups, plates and plastic utensils
- Paper towels, towelettes
- Camp cook kit or pans
- Manual can opener
- Aluminum foil, plastic wrap

Rotate the food in your supply kit regularly

- **Every six months:** powdered milk, dried fruits, crackers
- **Every year:** canned items (soups, meats, fruits, vegetables, juices), peanut butter, jelly, hard candy, canned nuts
- **Can be stored forever:** (in air tight containers away from heat): vegetable oil, dried corn and wheat, baking powder, soybeans, instant coffee, tea and cocoa, salt rice, bouillon products and dry pasta

EMERGENCY SUPPLIES

- Cash, traveler's checks, coins
- Battery-operated radio, NOAA Weather Radio
- Flashlight
- Batteries
- Cell Phone
- Chargers and charging cords for cell phones
- Face Masks
- Maps of your area and nearby states
- Whistle
- Extra set of house and car keys
- Small fire Extinguisher
- Wrench or pliers to turn off utilities
- Plastic garbage bags with twist ties
- Duct tape
- Toilet paper, towelettes
- Household chlorine bleach (to purify water)
- Matches in a waterproof container
- Soap, detergent, alcohol-based hand sanitizer
- Toothbrushes and toothpaste, dental floss, deodorant, shampoo, shaving supplies
- Feminine supplies
- Lip balm, sunscreen, bug spray
- Infant supplies (diapers, wipes, bottles)
- Pet supplies (litter, flea medicine, collar, comfort toy, bowls, medical records, crate or carrier, recent photos, disposable bags for clean-up, toys and bones)
- Books, playing cards, board games

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Alert Bowie
Facebook: City of Bowie Government
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FIRST AID KIT

Fully-loaded first aid kits can be purchased rather than collecting all the necessary items individually, just make sure that it has all the items you may need including personal items. Check your kit regularly and replace any used or out-of-date contents.

- First aid manual
- Prescription drugs; a two-week supply of every household member's vital medications
- Nonprescription drugs: pain reliever, laxative, allergy medicine, anti-diarrhea medication, antacid, antibiotic ointment, vitamins, eye wash
- Prescribed medical supplies, such as glucose and blood pressure monitoring equipment
- Scissors, tweezers, magnifying glass
- Sterile needle, safety razor blade
- Hand sanitizer
- Breathing barrier
- Thermometer
- Mirror
- Sterile adhesive bandages in assorted sizes, including butterfly bandages and bandage strips
- Gauze pads and roller bandages
- Hypoallergenic adhesive tape
- Several pairs of disposable gloves
- Isopropyl, antiseptic spray
- Cold packs and heat packs
- Emergency blanket
- Plastic bags

CLOTHING AND BEDDING

- At least one change of clothing/ shoes per person (few outfits for infants and children)
- Long pants and long sleeve shirt
- Sturdy shoes or work boots
- Thermal and regular underwear, several pairs of socks
- Warm hat and work gloves
- Jacket or coat, rain gear, poncho
- Sleeping bag
- Blankets, space blankets, pillows
- Towels, washcloths
- Extra prescription glasses, sunglasses, safety glasses

IMPORTANT DOCUMENTS

- Bank account numbers (checking, savings)
- Credit account numbers, company name and contact
- Social Security cards and records
- Passports
- Family records: birth, marriage, death certificates; divorce decree
- Wills, living wills, advanced directives
- Power of attorney papers
- Medical records; immunization of family and pets
- Current medical and eyeglass prescriptions
- All insurance policies (life, health, auto, home, hazard)
- Bank loan agreements, other contracts
- Deeds, mortgages, titles, rental agreements
- Stocks and bonds, securities, investment statements
- Motor vehicle titles, bill of sale, serial or VIN, driver's licenses
- Employment records and recent tax returns
- Records of valuable collections, appraisals
- School transcripts, diplomas
- Inventory of household goods
- Current photographs of family members, pets
- Irreplaceable family items (old pictures, books, diaries)

