

## PERSONAL PREPAREDNESS CHECKLISTS

Make a first-aid kit for your home and for each of your automobiles. One first-aid kit should be part of a basic survival kit. A basic survival kit includes necessities for at least 72 hours following an emergency.

### First-aid kit checklist

Kit last updated \_\_\_\_\_

Basic kits should include the following supplies:

- Sterile adhesive bandages, assorted sizes
- Sterile gauze pads, assorted sizes
- Hypoallergenic tape
- Sterile roll bandages, assorted sizes
- Scissors
- Tweezers
- Needles
- Pre-moistened towelettes
- Antiseptic
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Antibacterial soap
- Latex gloves
- Sunscreen
- Aspirin or other pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative

### Three-day survival kit checklist

Kit last updated \_\_\_\_\_

Basic kits should include the following supplies:

#### Essentials

- Water, one gallon per person, per day for at least three to seven days
- First-aid kit and instructions for use
- Food requiring minimum heat or water
- Can opener, non-electric
- Blankets or sleeping bags
- Portable radio or weather radio with spare batteries, or hand-crank/solar radio
- Medications
- Spare eyeglasses/contacts
- Flashlight with extra batteries and/or light sticks
- Cash, including coins for emergency use
- Extra keys to house and vehicles
- Baby supplies: formula, bottles, pacifier, diapers, wipes, etc.
- Food, water, and restraint for pets

#### Sanitation supplies

- Large plastic trash bags to be used for waste\*
- Soap
- Toothbrush and toothpaste

#### Safety

- Whistle

#### Cooking

- Plastic utensils, plates, and cups

#### Tools and supplies

- Screwdriver, hammer, pliers, etc.
- Maps

#### Pet care kit

- Food for at least three days
- Water for each pet
- Medications and medical record
- First-aid kit
- Collar with ID tag, harness, or leash (backup for what pets usually wear)
- Pet carrier
- Toys/familiar comfort items
- Sanitation supplies (litter, etc.)
- Pre-moistened towelettes

*\*Trash bags can also be used as rain ponchos, tarps, or window coverings*

### Car survival kit

Kit last updated \_\_\_\_\_

Basic kits should include the following supplies:

- Blanket
- Nonperishable food and bottled water
- First-aid kit
- Flashlight with extra batteries