













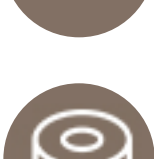
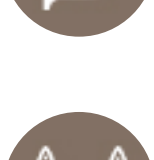



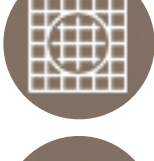







# Emergency Kit Checklist




## For a family of four, you will need:

-  At least three days' worth of food for each person, including protein bars, fruit cans, and canned foods
-  Enough clean drinking water to last each person three days or more
-  Manual can opener
-  Soap and hand sanitizer
-  Plastic utensils
-  Paper plates
-  Food preparation tools
-  Emergency blankets
-  Dust masks
-  Garbage bags
-  Hand-crank radio
-  Whistles
-  Flashlights
-  Extra batteries
-  Cellphone and portable chargers
-  Pet food and water
-  Roll of high-density painter's plastic and duct tape for a shelter
-  Water purification tablets

## In addition, put together a first aid kit with:

-  Bandages
-  Gauze
-  Tape
-  Alcohol pads
-  Antibiotic ointment
-  Instant cold compresses
-  Tweezers
-  Thermometer.

## Beyond that, don't forget to include:

-  Over-the-counter pain relievers
-  Anti-inflammatories
-  Antihistamines

**If anyone in your household takes prescription medication, include that as well.**

