

Family Emergency Supply List

The general rule in home preparedness is to plan for TWO weeks of supplies. This list would work for all emergencies but is purposively slanted towards the flu.

Health Supplies / Care of the Ill

- 30 day supply of all prescription medications
- Hand sanitizer with at least 60% alcohol
- Chlorine household bleach for sanitizing surfaces
- Over-the-counter medications
 - Cold and flu medications
 - Cough medications
 - Aspirin
 - Ibuprofen
 - Non-aspirin (Acetaminophen)
 - Anti-diarrheal
 - Vitamins
- Thermometer
- Electrolyte replacement aides
- Surgical masks
- Tissues
- First aid kit, freshly stocked
- First aid book

Basic Supplies

- Water — 1 gallon per person per day
- Water purification kit
- Food
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medications
- Extra pair of eyeglasses
- Extra pair of house and car keys
- Fire extinguisher — A-B-C type
- Food, water and restraint (leash or carrier) for pets
- Cash and change
- Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices.

Sanitation Supplies

- Large plastic trash bags for waste; tarps and rain ponchos
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine hygiene supplies
- Toilet paper
- Household bleach

Safety & Comfort

- Sturdy shoes
- Heavy gloves for clearing debris
- Candles and matches
- Light sticks
- Change of clothing
- Knife or razor blades
- Garden hose for siphoning and firefighting
- Tent
- Communication kit: paper, pens, stamps

Cooking

- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are no gas leaks; never use charcoal indoors)

Tools & Supplies

- Axe, shovel, broom
- Adjustable wrench for turning off gas
- Tool kit including a screwdriver, pliers and a hammer
- Coil of 1/2" rope
- Plastic tape, staple gun and sheeting for window replacement
- Bicycle
- City map

Supply Maintenance

- Be sure to check supplies for expiration dates.
- Rotate your stock of canned food supplies and water at least annually.

Skill Training

- In addition to supplies, be sure that you have family members who know basic first aid and CPR skills.
- Another good training program to consider is Community Emergency Response Team (CERT) training. This is often available through your local fire department.