Emergency Supply Kit Check List

Federal Emergency Management Agency (FEMA) recommends these items:

- ❑ Water: one gallon per person per day for at least three days, for drinking and sanitation
- ❑ Food (at least a three-day supply of non-perishable food)
- ❑ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ❑ Flashlight
- ❑ First aid kit
- ❑ Extra batteries
- ❑ Whistle (to signal for help)
- ❑ Dust mask (to help filter contaminated air)
- ❑ Plastic sheeting and duct tape (to shelter in place)
- ❑ Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- ❑ Manual can opener (for food)
- ❑ Local maps
- ❑ Prescription medications
- ❑ Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- ❑ Prescription eyeglasses and contact lens solution
- ❑ Infant formula, bottles, diapers, wipes and diaper rash cream
- ❑ Pet food and extra water for your pet
- ❑ Cash or traveler's checks
- ❑ Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- ❑ Items for pets: collar, leash, picture for identification, or rabies vaccination certificate
- ❑ Sleeping bag or warm blanket for each person
- ❑ A complete change of clothing appropriate for your climate
- ❑ Sturdy shoes and possibly waterproof boots
- ❑ Fire extinguisher
- ❑ Matches in a waterproof container
- ❑ Feminine supplies and personal hygiene items
- ❑ Mess kits, paper cups, plates, bowls, paper towels and plastic utensils
- ❑ Paper, pen and pencil
- ❑ Books, games, puzzles or other activities for children
- ❑ Cell phone with chargers and a backup battery

The Center for Disease Control (CDC) recommends these items:

- ❑ Multiple masks for everyone ages 2 and above, soap, hand sanitizer, disinfecting wipes

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This work is supported by Smith-Lever Special Needs Competitive Grants Program 2018-CONS2018-05400/1017643 from the USDA National Institute of Food and Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

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