

EMERGENCY PREPAREDNESS CHECKLIST FOR U.S. FAMILIES

Essential supplies and planning steps for unexpected emergencies

BASIC EMERGENCY SUPPLIES

Drinks

- 1 gallon per person per day (minimum 3 days)
- Water purification tablets
- Portable water filter

Food

- 3-day supply of non-perishable food
- Manual can opener

Lighting

- Flashlight
- Extra batteries

Communication

- Battery-powered radio
- Phone power banks

Health Supplies

- First Aid Kit
- Prescription medications
- Basic hygiene supplies

Household Safety

- Fire extinguisher
- Smoke detectors checked
- Emergency blankets
- Backup batteries

Important Documents

- Medical records
- Insurance policies
- Identification
- Emergency contacts

Family Emergency Plan

- Designated family meeting location
- Emergency contact outside your area
- Evacuation route planned
- Communication plan established

Emergency Cash

- Small emergency cash reserve
- Backup payment options

KEEP IN A WATERPROOF FOLDER.