## PERSONAL PREPAREDNESS KIT

### Checklist

- **Water**
- **First Aid Kit**
- **Flashlight**
- **Non-Perishable Food**
- **Can Opener**
- **Plastic Utensils**
- **Warm Clothes and Sturdy Shoes**
- **Blankets**
- **Battery Operated Radio**
- **Cash**
- **Matches**
- **Tools**
- **Prescriptions**
- **Copies of Personal Documents**
- **Personal Hygiene, Sanitation Items**
- **Writing and Activity Items**

### Car Emergency Kit

- **Flares**
- **Jumper Cables**
- **Work Gloves**
- **Maps**

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*A vehicle kit should also include these items.

**Emergency Phone Numbers should also be included in the Personal Preparedness Kit.*
Suggestions

Water: 1 GALLON PER PERSON PER DAY ex: 1 gallon x 1 person x 5 days = 5 gallons

First Aid Kit: antiseptic wipes, antibacterial ointment, gauze pads, bandage adhesive, medical adhesive tape, pain-relief medication, antihistamine (treat allergic reactions), splints, cold-pack, and disposal gloves.

Flashlight & Battery Operated Radio: extra batteries

Non-Perishable Food: jerky, power bars, nuts, peanut butter, canned tuna, cereal, granola bars, pasta, dried fruit, etc.

Cash: small bills and coins

Matches: waterproof matches or in a sealed container

Tools: Pliers, hammer, duct tape, screw driver, whistle, pocket knife.

Prescription: information regarding the medication

Copies of Important Documentation: government identification such as license, passport, social security, birth certificate

Personal Hygiene & Sanitation Items: soap, toothbrush, toothpaste, baby wipes, toilet paper, antimicrobial hand wash

Emergency Phone Numbers: police department non-emergency number, local emergency/hospital, insurance information, any medical condition, primary doctor contact, dentist, home information, emergency contacts (family members), trusted neighbors contact

These items should be added if there are: Infants and Toddlers
- Formula, disposal bottles
- Additional water
- Diapers, wipes
- Baby cereal/food
- Clothes
- Toys
- Infant medication
- Pedialyte, electrolyte replacement solution

These items should be added if there are: Pets
- Additional water: 1 gallon per pet
- Food
- Bowl
- Treats
- Toys
- Vaccination, medical records, allergies