



## **Emergency Supplies Checklist**

### **Can You Go It Alone for Three Days?**

The first 72 hours after a major emergency or disaster are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises.

You should be prepared to be self-sufficient — able to live without running water, electricity and/or gas, and telephones — for at least three days following a major emergency.

At Allcovered.net we want to help... Here is an emergency supplies checklist prepared by the State of California that can serve as a starting point for your emergency supplies checklist.

To be prepared for surviving at least three days with no help from outside sources, keep on hand in a central location the following:

#### **Essentials:**

- Water – 1 Gallon (4-liters) per person per day. 7 days supply is minimum.
- Water Purification Kit
- First Aid Kit, freshly stocked
- First Aid Book
- Food
- Can Opener (non electric)
- Blankets & Sleeping Bags
- Portable radio, flashlight & spare batteries
- Essential medications
- Extra pair of eyeglasses
- Extra set of house and car keys
- Fire Extinguisher – ABC type
- Food, water & leash or carrier for pets
- Cash and change
- Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned foods and juices

#### **Sanitation Supplies:**

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

#### **Safety and Comfort:**

- Sturdy Shoes
- Heavy Gloves for cleaning debris
- Candles and Matches
- Light sticks
- Change of clothing
- Knife and Razor blades
- Garden hose for siphoning and firefighting
- Tent
- Communications Kit: paper, pens, stamps

#### **Cooking:**

- Plastic knives, forks & spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking

#### **Tools and Supplies:**

- Axe, Shovel and Broom
- Adjustable wrench for turning off gas
- Tool kit including screwdriver, pliers and hammer
- Coil of ½-inch (1cm) rope
- Plastic tape, staple gun and plastic sheeting for window replacement
- Bicycle
- City/Area map

This is not an exact list, but can serve as a beginning to help you prepare an emergency kit for you and your family.