

Disaster Supplies Checklist

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Use this checklist to prepare a disaster supplies kit for your household. Remember to replace water, food, batteries, medications, outgrown clothing, and other items periodically. Visit the Web site of the Red Cross at www.redcross.org for more information.

Water	Clothing and bedding (per person)	Sanitation
<input type="checkbox"/> 4 litres of water per person per day	<input type="checkbox"/> Sturdy shoes or work boots	<input type="checkbox"/> Toilet paper and towelettes
Food	<input type="checkbox"/> Rain gear	<input type="checkbox"/> Soap and liquid detergent
<input type="checkbox"/> Ready-to-eat canned meats, fruits, and vegetables	<input type="checkbox"/> Blankets or sleeping bag	<input type="checkbox"/> Feminine supplies
<input type="checkbox"/> Canned juices, milk, and soup (if powdered, store extra water)	<input type="checkbox"/> Hat and gloves	<input type="checkbox"/> Personal hygiene items
<input type="checkbox"/> Sugar, salt, pepper, and other staples	<input type="checkbox"/> Thermal underwear	<input type="checkbox"/> Plastic garbage bags and ties
<input type="checkbox"/> High-energy foods (peanut butter and jelly, crackers, granola bars)	<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Plastic bucket with tight lid
<input type="checkbox"/> Vitamins	Tools and supplies	<input type="checkbox"/> Disinfectant
<input type="checkbox"/> Comfort foods (cookies, hard candy, instant coffee, tea bags)	<input type="checkbox"/> Battery-operated radio and extra batteries	<input type="checkbox"/> Household bleach
First aid kit	<input type="checkbox"/> Flashlight and extra batteries	Family documents (stored in a waterproof, portable container)
<input type="checkbox"/> Adhesive bandages, gauze pads, and tape	<input type="checkbox"/> Mess kits, or paper cups and plates and plastic utensils	<input type="checkbox"/> Wills, insurance policies, deeds, etc.
<input type="checkbox"/> Scissors	<input type="checkbox"/> Emergency preparedness manual	<input type="checkbox"/> Passports and identification
<input type="checkbox"/> Safety pins	<input type="checkbox"/> Cash or traveller's cheques, change	<input type="checkbox"/> Bank account numbers
<input type="checkbox"/> Tweezers	<input type="checkbox"/> Non-electric can opener or utility knife	<input type="checkbox"/> Credit card account and phone numbers
<input type="checkbox"/> Cold pack	<input type="checkbox"/> Fire extinguisher	<input type="checkbox"/> Immunization records
<input type="checkbox"/> Moist towelettes	<input type="checkbox"/> Pliers	<input type="checkbox"/> Birth, marriage, and death records

First aid kit	Tools and supplies	Special items for babies
<input type="checkbox"/> Antiseptic	<input type="checkbox"/> Duct tape	<input type="checkbox"/> Formula
<input type="checkbox"/> Thermometer	<input type="checkbox"/> Compass	<input type="checkbox"/> Diapers
<input type="checkbox"/> Tube of petroleum jelly or other lubricant	<input type="checkbox"/> Matches in a waterproof container	<input type="checkbox"/> Bottles
<input type="checkbox"/> Soap or cleanser	<input type="checkbox"/> Aluminum foil	<input type="checkbox"/> Powdered milk
<input type="checkbox"/> Latex gloves	<input type="checkbox"/> Plastic storage containers, bags, and sheeting	<input type="checkbox"/> Medications
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Signal flare	Special items for older children and adults
<input type="checkbox"/> Non-prescription drugs (ASA and non-ASA pain relievers, antidiarrheals, antacids, laxatives)	<input type="checkbox"/> Paper and pencils	<input type="checkbox"/> Prescription medications (for asthma, diabetes, high blood pressure, etc.)
<input type="checkbox"/> Activated charcoal (for use if advised by Poison Control Centre)	<input type="checkbox"/> Needles and thread	<input type="checkbox"/> Contact lens supplies
	<input type="checkbox"/> Medicine dropper	<input type="checkbox"/> Extra eyeglasses
	<input type="checkbox"/> Shut-off wrench to turn off household gas and water	<input type="checkbox"/> Denture needs
	<input type="checkbox"/> Whistle	
	<input type="checkbox"/> Map of the area	

From "Disaster Supplies Kit" developed by the Federal Emergency Management Agency and the American Red Cross.