

FREE Emergency Preparedness Checklist

Essential supplies to help your household get prepared

Use this checklist to build your emergency supplies a little at a time. Choose items that fit your household, check expiration dates, and review your supplies regularly.

1. Food & Water

- Shelf-stable foods your household already eats
- Canned vegetables, fruit, beans, soups, tuna or chicken
- Rice, pasta, oats and other dry grains
- Peanut butter, nut/seed butter and ready-to-eat snacks
- Shelf-stable or powdered milk
- Safe drinking water for household needs
- Manual can opener
- Reusable food-storage containers and/or vacuum storage bags

2. Lighting & Backup Power

- Flashlights for easy access around the home
- Extra batteries in the correct sizes
- Rechargeable lantern or solar-powered light
- Charged portable power banks
- Charging cables for essential devices

3. First Aid & Health Supplies

- Basic first-aid kit
- Bandages, gauze, antiseptic wipes and disposable gloves
- Thermometer
- Necessary personal medications and copies of prescription information
- Personal medical or mobility supplies needed by household members

4. Communication & Information

- Battery-powered or hand-crank emergency radio
- Written list of important phone numbers
- Emergency contacts and family meeting plan
- Local emergency information and evacuation routes
- Charged phone and backup charging option

5. Important Documents

- Copies of identification documents
- Insurance information
- Emergency contact information
- Important household and medical information
- Store paper copies in a protected, easy-to-access location

6. Hygiene & Sanitation

- Soap and hand sanitizer
- Toilet paper and paper towels
- Toothbrushes and toothpaste
- Feminine hygiene and other personal-care products as needed
- Trash bags and basic cleaning supplies
- Baby, senior or pet-care supplies if applicable

7. Clothing & Comfort

- Weather-appropriate change of clothing
- Sturdy shoes
- Blankets or sleeping bags
- Rain protection
- Comfort items for children or other household members

8. Home Emergency Extras

- Basic multipurpose tool
- Work gloves
- Whistle
- Fire extinguisher appropriate for your home
- Cash in small denominations
- Pet food, water and supplies if needed

Monthly / Seasonal Check

Review expiration dates, replace used or damaged items, recharge power banks, and update your household emergency contacts and needs.

Preparedness Tip: You do not have to buy everything at once. Add a few useful supplies during regular shopping trips and build a kit that matches your household.

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For general informational purposes. Follow guidance from local authorities and emergency-management agencies during an emergency.