Emergency Preparedness Checklist

Check off supplies as you gather them. Adapt this list to your location and household.

Start with at least 3 days of essentials. Follow local guidance for longer reserves.

Water: at least 1 gallon (3.8 L) per person per day for drinking and sanitation. Add water for pets and extra for heat or individual needs.

People: _____ x days: _____ x 1 gallon = _____ gallons, plus extra needs

HOME: FOOD & WATER

- ☐ Stored drinking water
- ☐ Shelf-stable, ready-to-eat food
- ☐ Manual can opener and utensils
- ☐ Foods for dietary or allergy needs

HOME: LIGHT & COMMUNICATION

- ☐ Flashlights or headlamps
- ☐ Spare batteries in needed sizes
- ☐ Battery or hand-crank radio
- ☐ Charged power banks and cables
- ☐ Written contacts and local map

HOME: HEALTH & COMFORT

- ☐ First-aid kit and necessary medicines
- ☐ Glasses, hearing-aid supplies or aids
- ☐ Soap, wipes and hygiene supplies
- ☐ Toilet paper and garbage bags
- ☐ Blankets, layers and sturdy shoes

HOME: PERSONAL NEEDS

- ☐ Waterproof document pouch and ID copies
- ☐ Cash in small bills and spare keys
- ☐ Infant feeding supplies and diapers
- ☐ Pet food, carrier, leash and records
- ☐ Accessibility and medical-device plan
- ☐ Small comfort item for children

VEHICLE ESSENTIALS

- ☐ Water and ready-to-eat snacks
- ☐ Flashlight and spare batteries
- ☐ Phone charger and power bank
- ☐ First-aid kit and warm blankets
- ☐ Rainwear and walking shoes
- ☐ Reflective roadside warning device
- ☐ Paper map and roadside contacts
- ☐ Seasonal tools: scraper or shovel
- ☐ Supplies for children and pets

Storage reminder: heat and cold can damage vehicle supplies. Follow product storage instructions.

Your Household Emergency Plan

Prepare together. Keep this page somewhere accessible and review it each season.

PLAN BEFORE CONDITIONS CHANGE

- ☐ Enable official local alerts and identify a backup information source.
- ☐ Choose two evacuation routes and a safe place to stay.
- ☐ Confirm transportation, accessibility and pet arrangements.
- ☐ Prepare a grab-and-go bag with documents, chargers and personal essentials.
- ☐ Discuss medication storage and medical-device backup power with your care team.
- ☐ Practice how your household will reconnect if separated.

WRITE DOWN YOUR KEY DETAILS

Local emergency number: _____ Alert source: _____

Out-of-area contact / phone: _____

Meeting place near home: _____

Meeting place outside neighborhood: _____

Evacuation destination / transport: _____

Kit location: _____ Pet arrangements: _____

WHEN CONDITIONS CHANGE

- ☐ Follow official shelter or evacuation instructions. Leave promptly when ordered.
- ☐ Never walk or drive through floodwater or bypass road barricades.
- ☐ Stay away from downed power lines. Use flashlights during outages.
- ☐ Run fuel-burning generators outdoors, more than 20 feet from windows, doors and vents. Never use them in homes or garages, even with doors open.
- ☐ Use battery-backed carbon monoxide alarms. Never use a grill, camping stove or gas oven to heat your home.

SEASONAL REVIEW

Review date: _____ Next check: _____

Rotate supplies, recharge power banks, test alarms and update contacts.

Sources: Ready.gov (ready.gov/kit); NWS (weather.gov/safety/flood-during);
CDC (cdc.gov/carbon-monoxide/about). Prepared November 2026.

Local emergency instructions take priority. For immediate danger, call local emergency services.