

Preparedness Checklist

All checklists are available to download and print at www.PreparednessNow.net

Home Preparedness Supplies

Water

Three gallons of water per person per day for a three-day supply should be your minimum. A 14-day supply is suggested. For further information about water supplies, their storage and purification, see Chapter 7.

Mark down the amount and location of your water below:

Amount of water: _____

Storage Area: _____

Food

Store a three-week supply that can feed each member of your household with 1800 calories per day. For information about food supplies and their storage, see Chapter 7.

Mark below the foods, quantity and area where you're storing the food.

Foods and Quantity: _____

Storage Area: _____

Medicine

If your medications require refrigeration, invest in a battery-powered refrigerator (see Chapter 10). Types of medication you (or your family) need and where you store them:

Med: _____ **Stored:** _____ **Exp:** _____

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Med: _____ **Stored:** _____ **Exp:** _____

Med: _____ **Stored:** _____ **Exp:** _____

Med: _____ **Stored:** _____ **Exp:** _____

Essential Items for the Home

Grab-and-Go Bag Storage Area: _____

E-Kit (Should be near you at all times)

Battery-free flashlights (and extra bulbs)

Storage Area: _____

Battery-free radio(s) Storage Area: _____

Cord, rope, twine Storage Area: _____

Duct tape Storage Area: _____

Emergency stove and fuel Storage Area: _____

Emergency transportation Storage Area: _____

Fire extinguisher(s) Storage Area: _____

First aid kit Storage Area: _____

Insect repellent Storage Area: _____

Knife (full tang) Storage Area: _____

Lantern(s) (battery, solar, or kerosene)

Storage Area: _____

Matches Storage Area: _____

Essential Items for the Home (continued)

- NukAlert or radiation dose rate meter**
Storage Area: _____
- N,P,R -100, 95 respirator masks**
Storage Area: _____
- Protective clothing** Storage Area: _____
- Pry bar** Storage Area: _____
- Self-defense equipment** Storage Area: _____
- Sewing kit** Storage Area: _____
- Sleeping bags/blankets** Storage Area: _____
- Smoke escape hoods** Storage Area: _____
- Tent(s)** Storage Area: _____
- Tent patch kit** Storage Area: _____
- Tool kit** Storage Area: _____
- Utensils** Storage Area(s): _____
- Water containers** Storage Area(s): _____
- Water filters** Storage Area: _____
- Work gloves** Storage Area: _____

Recommended Items

- Bicycle trailer** Storage Area: _____
- Emergency heater** Storage Area: _____
- Gas masks** Storage Area: _____
- Generator (solar, gas, diesel)** Storage Area: _____
- Hatchet** Storage Area: _____
- PAPR masks** Storage Area: _____
- Radio scanner** Storage Area: _____
- Spare rechargeable batteries** Storage Area: _____

- Solar battery recharger** Storage Area: _____
- Two-way radio transmitters** Storage Area: _____

Personal Hygiene

- Denture cream, Depends undergarments** (for the elderly or ill)
- Moist towelettes or baby wipes**
- Mouthwash, floss**
- Toothbrushes, toothpaste**
- Soap, shampoo, deodorant (Lavelin)**
- Shaving lotion, razors, lotion**
- Small mirror**
- Tampons, sanitary napkins**

If You Have a Baby or Infant Add:

- Baby powder, shampoo, lotion, ointments**
- Bottles with extra nipples**
- Baby pillow, blankets, sheets**
- Baby toys**
- Colic remedies (Pediocalm, Gripe water)**
- Diapers**
- Extra baby clothes**
- Formula, milk (powdered, soy, rice)**
- Rubber pads**
- Small portable crib**
- Teething ring**

Personal Emergency Supplies

- Extra pair of prescription glasses and/or contact lenses with solution**
- Emergency clothing:**
 - Boots
 - 5 pairs of underwear
 - Socks

Personal Emergency Supplies (continued)

- 3 shirts
- 2 pairs of loose-fitting pants
- Raingear
- Hat (baseball caps, boonie hats, etc.)
- Fisherman's or tactical vest (to store extra preparedness items)
- Playing cards, CD players (with CDs), iPod, mini-video games with extra batteries**

Sanitation

- Bucket** (five gallon) with lid
- Cat litter** (odor-removing) for solid human waste
- Disinfectants** (Lysol, Encore, Clorox)
- Garbage bags** (heavy-duty) for lining the bucket
- Shovel** (small size, or scoop)
- Soap, detergent** (preferably in liquid form)
- Toilet paper**
- Toilet seat** for top of bucket

Special Optional Preparedness Gear

- Fire escape ladder** (for home or office)
Storage Area _____
- Gas chainsaw** (for fallen trees, utility poles)
Storage Area _____
- Inflatable raft** (for frequent floods)
Storage Area _____
- Pulley system and rope** (for heavy lifting)
Storage Area _____