

EMERGENCY PREPAREDNESS CHECKLIST

Your Home

- ☐ Water: At least one gallon, per person, per day
- ☐ Can Opener (non electric)
- ☐ Battery-powered radio
- ☐ ABC-type fire extinguisher
- ☐ Smoke detector and carbon monoxide detectors
- ☐ Prescription medications
- ☐ Wired telephone — not cordless
- ☐ First aid kit
- ☐ Flashlight and battery powered lantern
- ☐ 3 days worth of canned or dried foods
- ☐ 3 days worth of baby food and formula

Your Car

- ☐ Bottled water
- ☐ Food (granola/energy bars)
- ☐ First aid kit
- ☐ White distress flag
- ☐ Flashlight and extra batteries
- ☐ Flares/light stick
- ☐ Blanket or sleeping bag
- ☐ Emergency reflective blanket
- ☐ Jumper cables
- ☐ Tire jack and spare tire
- ☐ Fix-a-flat
- ☐ Shovel
- ☐ Maps

Good to Go Bag

- ☐ One day's clothing and shoes for each family member
- ☐ Personal care products (toothbrush, toothbrush, diapers, etc.
- ☐ Towel and wash cloth
- ☐ Blanket or sleeping bag
- ☐ Flashlight and extra batteries
- ☐ Granola bars/trail mix
- ☐ Extra set of car keys
- ☐ Cash
- ☐ Prepaid phone card
- ☐ Copies of important documents, such as drivers license, insurance papers, medical and prescription information, bank account information, etc.

If you must leave your home, don't forget your prescriptions, eyeglasses, hearing aid.

Source: The Homemakers Health Services, Rochester, NH.