

Communication

- Cell phone and charger
- Laptop computer and charger
- Portable or emergency charger (in case you can't plug in)
- Battery-powered or hand-crank radio
- Two-way radios
- Whistle

Emergency Supplies

- A flashlight
- Extra batteries
- A complete first-aid kit (the Red Cross recommends a 115-item deluxe kit)
- A blanket
- Heated gloves
- A supply of cash
- A notebook and pen
- A map or road atlas
- Extra keys for your car and house
- Extra batteries for car key fob
- An all-purpose tool
- Solar chargers, for phones or lights
- Air mattress or sleeping bag
- A tent, big tarp, or both

Personal Care Items

- Toothbrush, toothpaste and dental floss
- Shampoo, conditioner and body wash
- Dry shampoo
- Hand sanitizer
- Personal wipes (in case you can't access a shower)
- Tissues
- Lotion
- Lip balm
- Deodorant
- Menstrual products
- Toilet paper
- Paper towels
- Face masks (N95, KN95 or surgical masks)
- Vitamin supplements

Important Documents and Phone Numbers

- Driver's licenses
- Passports
- Car registration
- Proof of address (such as a utility bill in your name)
- Deed to home (if you own) or lease (if you rent)
- Health insurance cards for the family
- Birth certificates for children
- Important phone numbers in case your phone isn't working (family member/emergency contact, landlord, family doctor, pharmacist, pediatrician, veterinarian and insurance agent)
- Insurance documents (auto policy, home policy or renter's policy, etc.)
- Veterinary records for your pet (showing current vaccinations, city license etc.)

Baby or Child Necessities

- Baby food /formula
- Baby wipes
- Baby equipment you use (carrier, etc.)
- Bibs
- Burp rags
- Cups
- Diapers
- Camp stove (if you need to boil water for sanitizing)
- Extra blankets
- Extra water and soap for hand washing
- Nursing pads
- Pacifiers
- Snacks for toddlers or children
- Teething gel
- Thermos for formula
- Items to keep kids busy (coloring book and crayons, picture books, etc.)

Food and Water

- Ice or a cooler (which can also be used for storing medications or injuries)
- A three-day supply of water (one gallon per person per day)
- A three-day supply of non-perishable, easy-to-prepare food
- A can opener

Medications and Vision Care

- A one-week supply of prescription medication (blood pressure medicine, etc.)
- Any medical devices you need (hearing aids with extra batteries, walker, etc.)
- Contact lenses, lens case and multipurpose solution
- Glasses (take a backup pair even if you wear contacts)
- Reading glasses (take a spare pair if possible)

Pet Supplies

- A three-day supply of non-perishable pet food (dry, canned etc.)
- Blankets or towels
- A three-day supply of water for each pet
- Food and water bowls
- Collar, harness and leash
- Pet bed
- Pet crate or carrier
- Pet chews and training treats
- Medications (flea medicine, heartworm medicine, etc.)
- Vet records (vaccinations, rabies tag etc.)
- Pet wipes
- Toys and chew toys
- Poop bags for dogs
- Litter box and litter for cats

Change of Clothes

- At least three changes of clothes for each person
- Extra undergarments and socks
- Spare pair of shoes for each person