

# Emergency Supply Checklist

with ideas to get you started

Important



Food

- Freeze-dried food box (one month supply)
- Canned food
- Pickled and preserved foods
- Protein bars
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Water

- Life straw
- Collapsible water bottle
- Water purifying tablets
- Aqualiner
- One gallon of water per person per day
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Survival

- Bivy sack/tent
- Switchblade/multitool
- Swiss army knife
- Glass breaker/seal bell cutting tool
- Road flare
- Survival whistle
- Thermal blanket
- Tourniquet
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Documents

- Passport
- Drivers license
- Birth certificate
- Social security cards
- Marriage certificate
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Health



First Aid

- Antiseptic
- Hand sanitizer
- Disposable gloves
- Sun cream
- Alcohol wipes
- Bandages
- Gauze
- Acetaminophen
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Toiletries

- Toothbrush
- Cotton swabs
- Shampoo
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Health

- Sunscreen
- Bug spray
- Nail clippers
- Prescriptions
- Feminine hygiene products
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Accessories

- Hair brush
- Lip balm
- Scissors
- Safety pins
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Clothes and



General Clothes

- Change of clothes (according to season)
- Extra socks and under garments
- Pajamas
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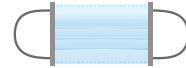
General Shoes

- Comfortable walking shoes
- All-weather boots (good for rain and mud)
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Outerwear

- Hat
- Windbreaker
- Sweat
- Gloves or mittens
- Reflective vest
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Misc

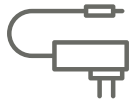
- Disposable masks
- Filters for smoke and contamination
- Washable mask
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Misc



Planning

- Pen
- Journal
- Guide books
- Maps
- Emergency phone number list
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Accessories

- Phone and portable charger
- Solar multi-device charger and cords
- Flashlight
- Batteries
- Crank radio
- Headlamp
- Two-way radio
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Bags

- Duffel bag
- Backpack
- Money belt
- Fanny pack
- Suitcase
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Miscellaneous

- Facial tissues
- Travel toilet
- Waterproof matches
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To-do

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