

First Aid Supplies

| Supplies | Home | Vehicle | Work |
|--|--------------------------|--------------------------|--------------------------|
| Adhesive bandages, various sizes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 " x 9 " sterile dressing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Conforming roller gauze bandage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Triangular bandages | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 " x 3 " sterile gauze pads | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 " x 4 " sterile gauze pads | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Roll 3 " cohesive bandage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Germicidal hand wipes or waterless, alcohol-based hand sanitizer | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Antiseptic wipes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pairs large, medical grade, non-latex gloves | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tongue depressor blades | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Adhesive tape, 2 " width | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Antibacterial ointment | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cold pack | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Scissors (small, personal) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tweezers | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Assorted sizes of safety pins | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cotton balls | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Thermometer | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tube of petroleum jelly or other lubricant | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sunscreen | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| CPR breathing barrier, such as a face shield | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| First aid manual | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Non-Prescription and Prescription Medicine Kit Supplies

| Supplies | Home | Vehicle | Work |
|---------------------------------------|--------------------------|--------------------------|--------------------------|
| Aspirin and non-aspirin pain reliever | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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| Anti-diarrhea medication | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Antacid (for stomach upset) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Laxative | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vitamins | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prescriptions | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Extra eyeglasses/contact lenses | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Sanitation and Hygiene Supplies

| Item | | Item | |
|----------------------------------|--------------------------|--|--------------------------|
| Washcloth and towel | <input type="checkbox"/> | Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper | <input type="checkbox"/> |
| Towelettes, soap, hand sanitizer | <input type="checkbox"/> | Medium-sized plastic bucket with tight lid | <input type="checkbox"/> |
| Tooth paste, toothbrushes | <input type="checkbox"/> | Disinfectant and household chlorine bleach | <input type="checkbox"/> |
| Shampoo, comb, and brush | <input type="checkbox"/> | A small shovel for digging a latrine | <input type="checkbox"/> |
| Deodorants, sunscreen | <input type="checkbox"/> | Toilet paper | <input type="checkbox"/> |
| Razor, shaving cream | <input type="checkbox"/> | Contact lens solutions | <input type="checkbox"/> |
| Lip balm, insect repellent | <input type="checkbox"/> | Mirror | <input type="checkbox"/> |
| Feminine supplies | <input type="checkbox"/> | | |

Equipment and Tools

| Tools | | Kitchen items | |
|---|--------------------------|---|--------------------------|
| Portable, battery-powered radio or television and extra batteries | <input type="checkbox"/> | Manual can opener | <input type="checkbox"/> |
| NOAA Weather Radio, if appropriate for your area | <input type="checkbox"/> | Mess kits or paper cups, plates, and plastic utensils | <input type="checkbox"/> |
| Flashlight and extra batteries | <input type="checkbox"/> | All-purpose knife | <input type="checkbox"/> |

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| Signal flare | <input type="checkbox"/> | Household liquid bleach to treat drinking water | <input type="checkbox"/> |
| Matches in a waterproof container (or waterproof matches) | <input type="checkbox"/> | Sugar, salt, pepper | <input type="checkbox"/> |
| Shut-off wrench, pliers, shovel, and other tools | <input type="checkbox"/> | Aluminum foil and plastic wrap | <input type="checkbox"/> |
| Duct tape and scissors | <input type="checkbox"/> | Resealable plastic bags | <input type="checkbox"/> |
| Plastic sheeting | <input type="checkbox"/> | Small cooking stove and a can of cooking fuel (if food must be cooked) | <input type="checkbox"/> |
| Whistle | <input type="checkbox"/> | | |
| Small canister, ABC-type fire extinguisher | <input type="checkbox"/> | Comfort Items | |
| Tube tent | <input type="checkbox"/> | Games | <input type="checkbox"/> |
| Compass | <input type="checkbox"/> | Cards | <input type="checkbox"/> |
| Work gloves | <input type="checkbox"/> | Books | <input type="checkbox"/> |
| Paper, pens, and pencils | <input type="checkbox"/> | Toys for kids | <input type="checkbox"/> |
| Needles and thread | <input type="checkbox"/> | Foods | <input type="checkbox"/> |
| Battery-operated travel alarm clock | <input type="checkbox"/> | | |

Food and Water

| Supplies | Home | Vehicle | Work |
|--|--------------------------|--------------------------|--------------------------|
| Water | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Ready-to-eat meats, fruits, and vegetables | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Canned or boxed juices, milk, and soup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vitamins | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Special foods for infants or persons on special diets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cookies, hard candy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Instant coffee | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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| Cereals | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Powdered milk | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Clothes and Bedding Supplies

| Item | |
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| Complete change of clothes | <input type="checkbox"/> |
| Sturdy shoes or boots | <input type="checkbox"/> |
| Rain gear | <input type="checkbox"/> |
| Hat and gloves | <input type="checkbox"/> |
| Extra socks | <input type="checkbox"/> |
| Extra underwear | <input type="checkbox"/> |
| Thermal underwear | <input type="checkbox"/> |
| Sunglasses | <input type="checkbox"/> |
| Blankets/sleeping bags and pillows | <input type="checkbox"/> |

Documents and Keys

| Item | Stored |
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| Personal identification | <input type="checkbox"/> |
| Cash and coins | <input type="checkbox"/> |
| Credit cards | <input type="checkbox"/> |
| Extra set of house keys and car keys | <input type="checkbox"/> |
| Copies of the following: | <input type="checkbox"/> |
| Birth certificate | <input type="checkbox"/> |
| Marriage certificate | <input type="checkbox"/> |
| Driver's license | <input type="checkbox"/> |
| Social Security cards | <input type="checkbox"/> |
| Passports | <input type="checkbox"/> |
| Wills | <input type="checkbox"/> |
| Deeds | <input type="checkbox"/> |
| Inventory of household goods | <input type="checkbox"/> |
| Insurance papers | <input type="checkbox"/> |

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| Immunization records | <input type="checkbox"/> |
| Bank and credit card account numbers | <input type="checkbox"/> |
| Stocks and bonds | <input type="checkbox"/> |
| Emergency contact list and phone numbers | <input type="checkbox"/> |
| Map of the area and phone numbers of places you could go | <input type="checkbox"/> |