

Emergency Kit Checklist

In this day and age with all the natural disasters and threat of disasters, it never hurts to be prepared. Here is a list of things to keep on hand in an emergency kit. Hopefully you'll never need it, but if you do, you'll be so glad you took to time to gather these items beforehand.

Emergency Kit

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| <input type="checkbox"/> Storage container or backpack | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Flashlight & batteries (or solar powered flashlight) | <input type="checkbox"/> Respiratory mask |
| <input type="checkbox"/> Candles & waterproof matches | <input type="checkbox"/> Emergency whistle |
| <input type="checkbox"/> Bottled water* | <input type="checkbox"/> Duct tape |
| <input type="checkbox"/> Food | <input type="checkbox"/> Pocket knife |
| <input type="checkbox"/> Canned goods*, can opener & plastic utensils | <input type="checkbox"/> Wrench (to shut off gas) |
| <input type="checkbox"/> Energy bars* | <input type="checkbox"/> 1 pair work gloves |
| <input type="checkbox"/> Dried fruit* | <input type="checkbox"/> Reading glasses |
| <input type="checkbox"/> Beef jerky* | <input type="checkbox"/> Fireproof safe or key to safe deposit box (with important documents) |
| <input type="checkbox"/> Radio (battery operated & water resistant) & batteries | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Facial tissues | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Blankets | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Alcohol wipes | |

Note: Do not put prescription medications in your emergency kit, as these can expire or your doctor may change your prescription. Keep all prescription medications in one place, so that in case of an emergency you can find them all quickly.

*Be sure to check for any expiration dates & plan to replace those items before they expire.

If you wish to purchase a readymade emergency kit, you can find them online at: www.americanfamilysafety.com or by calling 1-866-686-8400.

Have at least one out-of-town friend or relative you can contact to let them know that you're all right. Be sure to let your loved ones know who your emergency contact is, and this way, if communication is limited, you can still let them know you're all right.

Name Phone

Name Phone