

Emergency Checklist

By John F. Smith

- Medical**
 - First Aid** Have an extensive kit complete with pressure bandages and pain medication available.
 - Medications** Use a daily dosage pack to sort medications and replace monthly with fresh pills. Keep fresh insulin and diabetic supplies well stocked.
 - Records** Copies of your family's medical records should be in your kit as well as insurance information.
 - CPR** All family members should know how to administer CPR. Check locally for classes.
- Home**
 - Pantry** Have ten days worth of food and plenty of bottled water available.
 - Clothing/blankets** A large duffel with a warm change of clothing and a blanket for each family member should be kept ready.
 - Safe spot** Designate a place in your home as the 'safest spot' to be - usually in a bathroom or central hallway with adequate support beams.
 - Baby** If there is an infant in the house, ensure that you have all the needed supplies including diapers, wipes, formula and bottles (even if the baby is breastfed).
 - Tools** Appropriate wrenches or other tools should be placed near turnoff valves. Flashlights with new batteries should be located around the house. Ones that plug into outlets are also good.
 - Chemicals** Ensure that bleach and ammonia are stored in separate rooms - in case of structural collapse of a building the containers could break and leak - and the mixture forms a toxic gas.
- Car**
 - Gas** Always keep close to a full tank in your vehicle.
 - Tires** Ensure that tires have good tread and are properly inflated. Keep snow chains accessible.
 - Trunk** This can hold a second set of emergency supplies as well as extra blankets.
- Communication**
 - Cell phone** Keep a fully charged emergency only phone in your car or purse.
 - Land-line** Have at least one traditional phone - cordless ones won't work in a power outage.
 - AM/FM radio** Have extra batteries available, and put a second unit in your vehicle.
 - List of important numbers** This should be laminated to waterproof it, and each family member should have a copy.
 - Weather radio/police scanner** Especially important in regions with severe storms, flooding, hurricanes or tornadoes.
- Personal items**

- Toilet paper** You don't know how important it is until you don't have any.
- Feminine products** Maxi pads and tampons should be sealed in a large plastic bag.
- Dental** Toothbrushes, toothpaste, and mouthwash, plus dental adhesive should be packed.
- Hand sanitizer** Several bottles should be distributed through your kit.
- Identification** Photocopies should be packed in your emergency stash in case you are forced out of your home without your wallet or purse.
- Money** Always have some cash in small bills a secure place, including plenty of quarters for phone calls for each person just in case.