Emergency Checklist

Created: 12/29/2011

# Tasks:

☐ **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.*