### Basic supplies:
- [ ] Flashlight and extra batteries
- [ ] Battery-powered radio and extra batteries
- [ ] Three-day supply of food
- [ ] Three-day supply of water
- [ ] Potassium Iodide
- [ ] Syrup of ipecac (to induce vomiting if advised by poison control center)
- [ ] Activated charcoal (use if advised by the poison control center)
- [ ] Shut-off wrench to turn off household gas and water
- [ ] Non-electric can opener, utility knife

### For safe room, add:
- [ ] Face masks specifically fit for each member of the family.
- [ ] Plastic sheeting
- [ ] Duct tape
- [ ] Scissors
- [ ] Toilet paper, towelettes
- [ ] Feminine supplies
- [ ] Personal hygiene items
- [ ] Plastic garbage bags, ties (for personal sanitation uses)
- [ ] Plastic bucket with tight lid
- [ ] Disinfectant
- [ ] Household chlorine bleach

### Water: Things to consider
- [ ] One gallon of water per person per day, for drinking and sanitation.
- [ ] Children, nursing mothers and sick people may need more water.
- [ ] Store water tightly in clean plastic containers such as soft-drink bottles.

### Food: Things to consider
- [ ] Select foods that require no refrigeration, preparation or cooking and little or no water.
- [ ] Choose foods your family will eat.

### For the car, add:
- [ ] Map of the area for evacuation or for locating shelters
- [ ] A whistle to signal for help
- [ ] Complete change of warm clothing for each person
- [ ] Sleeping bags
- [ ] Mess kits, or paper cups, plates and plastic utensils
- [ ] Cash or traveler's checks
- [ ] Paper towels
- [ ] Fire extinguisher
- [ ] Tent
- [ ] Pliers
- [ ] Compass
- [ ] Matches in a waterproof container
- [ ] Aluminum foil
- [ ] Reclosable plastic bags (assorted sizes)
- [ ] Paper, pencil
- [ ] Medicine dropper
- [ ] Copies of important records such as insurance policies, identification and bank account records in a waterproof, portable container
- [ ] Two pairs of latex/sterile gloves
- [ ] Sterile dressings to stop bleeding
- [ ] Cleansing agent and antibiotic towelettes to disinfect
- [ ] Antibiotic ointment
- [ ] Burn ointment to prevent infection
- [ ] Adhesive bandages (several sizes)
- [ ] Eyewash solution
- [ ] Thermometer
- [ ] Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. Periodically rotate medicines to account for expiration dates.
- [ ] Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- [ ] Scissors
- [ ] Tweezers
- [ ] Petroleum jelly or other lubricant
- [ ] Aspirin or non-aspirin pain reliever
- [ ] Anti-diarrhea medication
- [ ] Antacid
- [ ] Laxative

**SOURCE:** Department of Homeland Security

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