



# Disaster Preparedness Checklist

Plan ahead, stay ready, and protect your peace.



## Essentials

- ☐ Water – 1 gal/day per person (3 days)
- ☐ Non-perishable food (3-day supply)
- ☐ Battery/hand crank radio
- ☐ Flashlight + batteries
- ☐ Cell phone charger (battery/solar)
- ☐ 7-day supply of medications
- ☐ Manual can opener
- ☐ Multi-use tool
- ☐ Hygiene items
- ☐ First Aid Kit
- ☐ Local maps
- ☐ Extra cash



Add a recurring reminder to check and restock your kit twice a year



## Personal + Family Needs

- ☐ Copies of IDs & insurance
- ☐ Emergency contact list
- ☐ Glasses or contacts
- ☐ Baby supplies (formula, diapers)
- ☐ Pet food & leash
- ☐ Face masks + sanitizer
- ☐ Extra clothes & shoes
- ☐ Blanket or sleeping bag
- ☐ Comfort item



Use your Lists tab to keep track of supplies you still need to buy



## Smart Extras

- ☐ Duct tape & plastic sheet
- ☐ Fire extinguisher
- ☐ Waterproof matches
- ☐ Cards, books, or games
- ☐ Whistle
- ☐ Work gloves
- ☐ Rain ponchos
- ☐ Trash bags