

Emergency Suitcase Supply List

Emergency Supply Suitcase

Water, food, and a few personal items are important things to have on-hand. Each family member should have their own suitcase (backpack or stuff-sack) packed. Store your emergency suitcase in a convenient place (such as under a bed).

Recommended Supplies to Pack in Your Emergency Suitcase:

- Copies of important papers
 - Birth certificate
 - Immunization records
 - Passport and social security number
 - Inventory of valuable household goods
 - Important phone numbers
- Copies of important financial papers
 - Home insurance policy
 - Bank account numbers
 - Health insurance number and ID card
- Extra cash
 - Save what you can. Small bills are best.
- Flashlight and extra batteries
- Prescription medicine
 - Ask your physician or pharmacist about storing these medicines
- Over-the-counter medicine such as pain relievers, allergy pills, etc.
- Contacts and/or prescription eyeglasses

- Personal care items
 - Feminine and personal hygiene supplies, toilet paper
 - Tooth brush and tooth paste
- One complete change of clothing, shoes, and coat for each person
- Baby care items
 - Diapers
 - Bottles
 - Medications
 - Extra blanket and comfort items
- Blankets and/or sleeping bag
- Battery powered or hand-crank radio

Other items you find important (write here):

- _____
- _____



Pick a date to update your emergency suitcase and your family needs at least once a year. Replace batteries, update clothing, etc.

Emergency Supply List For Families with Young Children



Emergency 3 Day Supply of Water and Food

Every family should keep an emergency 3 day supply of water and food in their home.

Don't buy unfamiliar foods to prepare your emergency food supply. You can use many of the canned foods on your cupboard shelves. In fact, familiar foods are important. They can lift morale and give a feeling of security in a time of stress. Use this checklist to think about what you need to keep you and your family well fed without the use of electricity and using little or no water.



Foods for Infants and Babies:

Even during an emergency, the cleanest, safest food for an infant is human milk. If you are not breast-feeding, include the following in your Emergency 3 Day Supply:

Infant Feeding and Care Items:

- Baby formula
- Formula bottles, liners, and bleach water solution for sanitation
- Baby fruits
- Baby vegetables
- Strained meats

Water:

- Three gallons 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 empty soft drink or juice bottles

Food:

Select foods that require little or no water and no refrigeration, preparation, or cooking. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content. Include a selection of the following:

- Ready to eat canned meats, fruits, and vegetables
- Protein and/or fruit bars
- Dry cereal and/or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk and/or powdered milk stored in glass jars or in a box
- Comfort foods: Hard candy, sweetened cereals, cookies, lollipops, instant coffee, tea bags
- Manual can opener, eating utensils (plate, fork, spoon, and drinking cup), and baby wipes or hand washing gel
- Plastic storage containers and/or aluminum foil

