



Disaster Checklist

First Aid Supplies	Home	Work	Car
Adhesive bandages, various sizes			
5 " x 9 " sterile dressing			
Conforming roller gauze bandage			
Triangular bandages			
3 " x 3 " sterile gauze pad			
4 " x 4 " sterile gauze pads			
Roll 3 " cohesive bandage			
Germicidal hand wipes or waterless, alcohol-based hand sanitizer			
Antiseptic wipes			
Pairs large, medical grade, non-latex gloves			
Tongue depressor blades			
Adhesive tape, 2 " width			
Antibacterial ointment			
Cold pack			
Scissors (small, personal)			
Tweezers			
Assorted sizes of safety pins			
Cotton balls			

Thermometer			
Tube of petroleum jelly or other lubricant			
Sunscreen			
CPR breathing barrier, such as a face shield			
First aid manual			
Medicine Supplies	Home	Work	Car
Aspirin and non-aspirin pain reliever			
Anti-diarrhea medication			
Antacid (for stomach upset)			
Laxative			
Vitamins			
Prescriptions			
Extra eyeglasses/contact lenses			
Food and Water	Home	Work	Car
Water			
Ready-to-eat meats, fruits, and vegetables			
Canned or boxed juices, milk, and soup			
High-energy foods such as peanut butter, jelly, granola bars and trail mix			
Special foods for infants or persons on special diets			
Vitamins			
Cookies, hard candy			
Instant coffee			

Cereals			
Powdered milk			
Tools	Item		
Portable, battery-powered radio or television and extra batteries			
NOAA Weather Radio, if appropriate for your area			
Flashlight and extra batteries			
Matches in a waterproof container			
Signal flare			
Shut-off wrench, pliers, shovel, and other tools			
Duct tape and scissors			
Small canister, ABC-type fire extinguisher			
Whistle			
Plastic sheeting			
Tube tent			
Compass			
Work gloves			
Paper, pens, and pencils			
Battery-operated travel alarm clock			
Sanitation and Hygiene Supplies	Item		
Washcloth and towel			
Towelettes, soap, hand sanitizer			
Tooth paste, toothbrushes			

Shampoo, comb, and brush	
Deodorants, sunscreen	
Razor, shaving cream	
Lip balm, insect repellent	
Feminine supplies	
Toilet paper	
Contact lens solutions	
Mirror	
Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper	
Medium-sized plastic bucket with tight lid	
Disinfectant and household chlorine bleach	
A small shovel for digging a latrine	
Clothes and Bedding Supplies	Item
Complete change of clothes	
Sturdy shoes or boots	
Rain gear	
Hat and gloves	
Extra socks	
Extra underwear	
Thermal underwear	
Sunglasses	
Blankets/sleeping bags and pillows	

Kitchen items	Item
Manual can opener	
Mess kits or paper cups, plates, and plastic utensils	
All-purpose knife	
Household liquid bleach to treat drinking water	
Sugar, salt, pepper	
Aluminum foil and plastic wrap	
Resealable plastic bags	
Small cooking stove and a can of cooking fuel (if food must be cooked)	
Comfort Items/Other	Item
Games	
Cards	
Books	
Toys for kids	
Pet Supplies/Toys	
Pet restraint/leash	
Documents and Keys	Item
Personal identification	
Cash and coins	
Emergency contact list and phone numbers	
Map of the area and phone numbers of places you could go	
Extra set of house keys and car keys	

Copies of the following:	
Birth certificate	
Marriage certificate	
Driver's license	
Social Security cards	
Passports	
Wills	
Deeds	
Inventory of household goods	
Insurance papers	
Credit cards	
Immunization records	
Bank and credit card account numbers	
Stocks and bonds	