

# Emergency Survival Kit Checklist

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\_\_\_ **Water:** 3 gallons per person for 3 days.



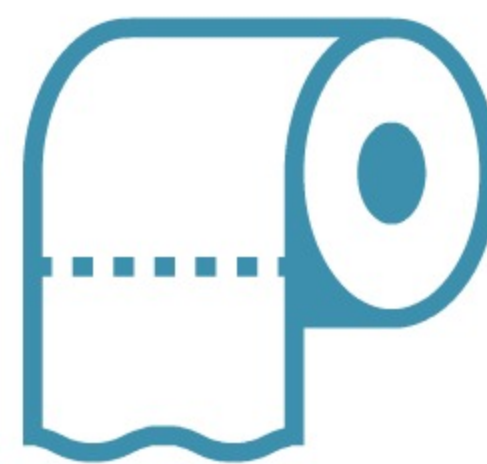
\_\_\_ **Food:** peanut butter (or other 'butters')  
crackers  
nuts (almonds, peanuts, etc)  
cereal  
granola bars  
canned fruit  
canned vegetables  
canned meat (tuna, salmon, chicken)  
trail mix  
powdered milk  
dried fruits  
edible seeds (ie. sunflower seeds)  
multivitamins

\_\_\_ **First Aid Kit:** adhesive bandages  
sterile gloves  
tweezers  
antibiotic ointment  
antiseptic wipes  
small scissors  
roller bandage  
pain relievers



\_\_\_ **First Aid Manual**

\_\_\_ **Toilet Paper/ Garbage Bags/Bucket**



\_\_\_ **Extra Clothing:** long pants  
long sleeved shirts  
a coat  
gloves  
hard soled shoes or boots  
hat

\_\_\_ **Medications**

Name/Dose \_\_\_\_\_

Name/Dose \_\_\_\_\_

Name/Dose \_\_\_\_\_

\_\_\_ **Whistle**

\_\_\_ **Dust Masks**

\_\_\_ **Swiss Army/ Utility Knife**

\_\_\_ **Flashlights/Lanterns**



\_\_\_ **Radio**

\_\_\_ **Extra Batteries**

\_\_\_ **Plastic Sheeting**

\_\_\_ **Duct Tape**



\_\_\_ **Wrench/ Pliers**

\_\_\_ **Local Maps**

\_\_\_ **Baby Supplies:**

diapers  
wipes  
food/formula

\_\_\_ **Pet Supplies:**

food  
water  
bowls, food/water  
leash  
collar w/ tags  
waste disposal  
fleas & tick sprays



**Make sure to keep your supply kit updated. Check your supplies for expiration dates and restock as necessary.**