Emergency Survival Kit Checklist

___ 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.