

## Emergency kit checklist printable (72-hour kit)

### Emergency Kit Checklist For Seniors

- personal documents for everyone in family (parents) or self (adult) in a waterproof container/bag (copy of ID, copy of Social Security Card, copy of Birth certificate, copy of marriage certificate, copy of wills, copy of passports, copy of insurance policies, credit card, cash \$500 recommended)
- prepaid phone or phone cards or cell phone with charger
- 3 changes of clothes and under clothes
- pajamas
- socks
- sandals or light weight shoes (or both)
- medications (prescription and non-prescription)
- person hygiene (toothbrush, toothpaste, deodorant, shampoo, conditioner, hairbrush/ties, sanitary napkins, hand sanitizer, q-tips, lotion)
- first aid kit (simple)
- sewing kit
- whistle
- compass
- waterproof matches (or buy a 3-1 with a compass, whistle and match container)
- 3-day supply of non-perishable food
- 3 sealed water bottles
- empty water bottle with water sanitization tablets or bleach
- roll of toilet paper in baggie or wrapper
- tissues (travel packs)
- raincoat/poncho
- emergency blanket
- flashlight / batteries (do not store batteries in flashlight)
- phone charger cable
- portable battery charger
- activities, games, cards
- candles
- baggies
- plastic gloves
- dust mask
- baby wipes (for self-cleaning in place of shower)
- garbage bags (2-3)
- lighter
- eating utensils
- small shovel
- radio / batteries (do not store batteries in radio)
- pocket knife/utility knife
- small axe
- rope, twine, clothes pins
- tape, duct tape, packing tape
- extra eyeglasses or contacts
- can opener (if packing canned foods like Vienna sausages and fish)

3 gallons of drinking water and 3 gallons of sanitation water (these will not be stored in your bag, but kept safe in case you are staying at your home or can take them with you to a safe location)

## **5-gallon bucket for family use (to be taken with family in emergency)**

- candles
- lighter
- waterproof matches
- eating utensils (1-2 extra sets)
- small shovel
- radio / batteries (do not store batteries in radio)
- pocket knife/utility knife
- small axe
- rope, twine, clothes pins
- tape, duct tape, packing tape
- baggies
- garbage bags 10-15+ of these (they will line the bucket and be used for waste collection)
- shower curtain (to hold up for privacy)
- tarp
- tent stakes
- rope and twine
- grocery sacks
- first aid kit (all-purpose)
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## **Here is a list of items to keep in your household for family use:**

- cooktop or grill and propane
- extra gas for car and generator
- generator for power
- wood for fire
- newspaper
- 2 gallons of water per person per day (1 for drinking, 1 for sanitation) for up to 5 days (more if you have room)