

Emergency Kit Essentials Checklist

Water Supply

- ☐ 1 gallon of water per person per day (3-day minimum)
- ☐ Emergency water pouches or bottles
- ☐ Water purification tablets or portable water filter (optional but recommended)

Food Rations

- ☐ 3-day supply of ready-to-eat food (per person)
- ☐ Energy bars, dried fruits, or MREs
- ☐ Manual can opener (if needed)
- ☐ Reusable utensils or mess kit

Light Source

- ☐ LED flashlight or headlamp
- ☐ Extra batteries
- ☐ Hand-crank or solar-powered emergency light (optional but smart)

First Aid Kit

- ☐ Bandages, gauze, and antiseptic wipes
- ☐ Adhesive tape, tweezers, scissors
- ☐ Disposable gloves and face mask
- ☐ Pain relievers and any personal medications

Emergency Shelter & Warmth

- ☐ Emergency space blanket or sleeping bag
- ☐ Rain poncho or waterproof tarp
- ☐ Hand warmers (optional for cold climates)

Bonus Items to Consider

- ☐ Copies of ID and emergency contacts
- ☐ Small multi-tool or pocket knife
- ☐ Cash (small bills)
- ☐ Phone charger or power bank
- ☐ Local map or evacuation plan
- ☐ Personal hygiene items (wipes, toothbrush)

