PRINT A COPY OF THIS EMERGENCY ESSENTIALS LIST AND TAKE IT WITH YOU TO THE STORE.

**FOOD**
- 7 day supply of non-perishable food that doesn’t need cooking
- Hand-operated can opener
- Plastic plates, cups and utensils

**WATER**
- 1 gallon of drinking water per person per day enough for 7 days

**FIRST AID**
- American Red Cross approved first aid kit
- Backup prescriptions for essential medications

**PERSONAL HYGIENE**
- Hand sanitizer or disinfectant wipes
- Toilet paper, paper towels and garbage bags
- Dental care and vision products
- Travel-size soaps and other beauty supplies
- Change of clothes, pair of shoes and blanket per person

**CLEAN AIR ITEMS**
- Nose and mouth protection masks (N-95 rating)
- Plastic sheeting
- Duct tape

**BABY ITEMS**
- Formula, bottles and powdered milk
- Diapers
- Baby wipes
- Diaper rash ointment

**LIGHTING**
- Flashlights for each family member with extra batteries
- Fluorescent lanterns for each common area
- Waterproof matches or a utility lighter

**COMMUNICATION**
- Portable, battery-powered radio
- Landline phone with long cord
- Extra batteries for flashlights, lanterns and radio
- Extra cell phone battery or car charger
- Whistle

**FAMILY SAFETY ITEMS**
- Smoke detector with battery for each floor
- Carbon monoxide detector with battery backup
- Fire extinguisher
- Non-scented bleach for sanitization
- Sunscreen
- Insect repellent
- Shovel and basic tools

**TRANSPORTATION ITEMS**
- State and regional road maps
- Basic repair items (tools, tire patch kit, engine oil)
- Games, books and puzzles

**PET NEEDS**
- 7 day supply of non-perishable pet food and water
- Cage or pet carrier and leash
- Pet medications and pet first aid kit
- Current photo in case you are separated
- Cat litter and box
- Pet bed and toys