



HASSETT
HARDWARE

Home Emergency Supply Kit Checklist Including First Aid Kit

- Water: At minimum, one gallon per person, per day, for 3-7 days for both drinking and limited washing. One person should consume about $\frac{3}{4}$ of a gallon of water or uncaffeinated, unsugared liquid per day.
- Food: Enough food for each person for 3-7 days - depending on age and size, that's about 2,000-3,000 calories per day.
- Water and food for your pets. You'll have to gauge depending on your pet. For reference, a 40 lb dog needs about $\frac{1}{4}$ of a gallon of water a day if not exercising. A 10 lb cat needs about one cup of water per day. Check with your vet for amounts for other pets like birds, reptiles and rabbits.
- Any other necessities for your pets - cages, leashes, harnesses, etc.
- Prescription medications for your family and pets.
- Non-prescription medications or supplements, including Emergen-C or other electrolyte and vitamin supplements.
- Essential toiletries: Contact solution, eye glasses, toothpaste and brush, period supplies, etc.
- Headlamp or flashlight - one per person. Flashlights are great, but headlamps allow you use of both hands, which is often preferable.
- First aid kit: This list is taken directly from The Red Cross and contains everything they recommend including in first aid kits for a family of four. You can also purchase complete home first aid kits from Ace Hardware, The Red Cross or any major drug store.
 - 2 absorbent compress dressings (5 x 9 inches)
 - 25 adhesive bandages (assorted sizes), also found within our Family First Aid Kit
 - 1 adhesive cloth tape (10 yards x 1 inch)
 - 5 antibiotic ointment packets (approximately 1 gram)
 - 5 antiseptic wipe packets
 - 2 packets of aspirin (81 mg each)
 - 1 emergency blanket
 - 1 breathing barrier (with one-way valve)
 - 1 instant cold compress, also found within our First Aid Kit
 - 2 pair of nonlatex gloves (size: large)
 - 2 hydrocortisone ointment packets (approximately 1 gram each)
 - 1 3 in. gauze roll (roller) bandage
 - 1 roller bandage (4 inches wide)
 - 5 3 in. x 3 in. sterile gauze pads
 - 5 sterile gauze pads (4 x 4 inches)
 - Oral thermometer (non mercury/non glass)
 - 2 triangular bandages
 - Tweezers
 - Emergency First Aid guide



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Home Emergency Supply Kit Checklist

Including First Aid Kit - Continued

- Extra batteries for flashlights, radios, etc.
- Whistle in case you need to signal for help
- Face masks for each person
- Plastic sheeting and tape for sheltering in place. You can also use a tent.
- Moist towelettes, garbage bags and plastic ties (for personal sanitation). Doggie bags for the doggos and cats (they are useful for humans too)
- Hand sanitizer
- Wrench and pliers for turning off water and gas
- Manual can opener
- Mess kit: utensils, one bowl and plate per person, paper towels or napkins
- Local paper maps in case your phones die and the electricity is out
- Extra phone chargers - cords and bricks
- Battery operated phone charger
- Infant necessities: formula, bottles, diapers, wipes, etc.
- Cash and credit cards
- Important family documents (birth certificates, insurance information, etc.) saved on a jump drive or printed on paper - either way, stored in a waterproof container.
- Sleeping bags and blankets for each person. Optional: Dog and cat beds and other sleeping items for your pets.
- Change of clothes - at least one for each person
- Sturdy shoes for every family member - include a pair of socks or two
- Fire extinguisher
- Activities for kids - puzzles, games, chargers for ipads
- Waterproof pad and pencil

Store your kit in a designated place that is accessible to everyone in the family, except babies and toddlers. Make sure everyone knows where it is.