

First Aid Supplies

Supplies	Home	Vehicle	Work
Adhesive bandages, various sizes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 " x 9 " sterile dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conforming roller gauze bandage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triangular bandages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 " x 3 " sterile gauze pads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 " x 4 " sterile gauze pads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roll 3 " cohesive bandage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Germicidal hand wipes or waterless, alcohol-based hand sanitizer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antiseptic wipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pairs large, medical grade, non-latex gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tongue depressor blades	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adhesive tape, 2 " width	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antibacterial ointment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cold pack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scissors (small, personal)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tweezers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assorted sizes of safety pins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cotton balls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thermometer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tube of petroleum jelly or other lubricant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CPR breathing barrier, such as a face shield	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
First aid manual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Medicine Supplies

Supplies	Home	Vehicle	Work
Aspirin and non-aspirin pain reliever	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anti-diarrhea medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antacid (for stomach upset)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laxative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescriptions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extra eyeglasses/contact lenses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sanitation and Hygiene Supplies

Item	
Washcloth and towel	<input type="checkbox"/>
Towelettes, soap, hand sanitizer	<input type="checkbox"/>
Tooth paste, toothbrushes	<input type="checkbox"/>
Shampoo, comb, and brush	<input type="checkbox"/>
Deodorants, sunscreen	<input type="checkbox"/>
Razor, shaving cream	<input type="checkbox"/>
Lip balm, insect repellent	<input type="checkbox"/>
Feminine supplies	<input type="checkbox"/>
Toilet paper	<input type="checkbox"/>
Contact lens solutions	<input type="checkbox"/>
Mirror	<input type="checkbox"/>
Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper	<input type="checkbox"/>
Medium-sized plastic bucket with tight lid	<input type="checkbox"/>
Disinfectant and household chlorine bleach	<input type="checkbox"/>
A small shovel for digging a latrine	<input type="checkbox"/>

Clothes and Bedding Supplies

Item	
Complete change of clothes	<input type="checkbox"/>
Sturdy shoes or boots	<input type="checkbox"/>
Rain gear	<input type="checkbox"/>
Hat and gloves	<input type="checkbox"/>
Extra socks	<input type="checkbox"/>
Extra underwear	<input type="checkbox"/>
Thermal underwear	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Blankets/sleeping bags and pillows	<input type="checkbox"/>

Documents and Keys

Item	Stored
Personal identification	<input type="checkbox"/>
Cash and coins	<input type="checkbox"/>
Emergency contact list and phone numbers	<input type="checkbox"/>
Map of the area and phone numbers of places you could go	<input type="checkbox"/>
Extra set of house keys and car keys	<input type="checkbox"/>
Copies of the following:	<input type="checkbox"/>
Birth certificate	<input type="checkbox"/>
Marriage certificate	<input type="checkbox"/>
Driver's license	<input type="checkbox"/>
Social Security cards	<input type="checkbox"/>
Passports	<input type="checkbox"/>
Wills	<input type="checkbox"/>
Deeds	<input type="checkbox"/>
Inventory of household goods	<input type="checkbox"/>
Insurance papers	<input type="checkbox"/>
Credit cards	<input type="checkbox"/>
Immunization records	<input type="checkbox"/>
Bank and credit card account numbers	<input type="checkbox"/>
Stocks and bonds	<input type="checkbox"/>

Food and Water

Supplies	Home	Vehicle	Work
Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ready-to-eat meats, fruits, and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canned or boxed juices, milk, and soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High-energy foods such as peanut butter, jelly, granola bars and trail mix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Special foods for infants or persons on special diets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cookies, hard candy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Instant coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cereals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Powdered milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Equipment and Tools

Tools		Kitchen items	
Portable, battery-powered radio or television and extra batteries	<input type="checkbox"/>	Manual can opener	<input type="checkbox"/>
NOAA Weather Radio, if appropriate for your area	<input type="checkbox"/>	Mess kits or paper cups, plates, and plastic utensils	<input type="checkbox"/>
Flashlight and extra batteries	<input type="checkbox"/>	All-purpose knife	<input type="checkbox"/>
Matches in a waterproof container	<input type="checkbox"/>	Household liquid bleach to treat drinking water	<input type="checkbox"/>
Signal flare	<input type="checkbox"/>	Sugar, salt, pepper	<input type="checkbox"/>
Shut-off wrench, pliers, shovel, and other tools	<input type="checkbox"/>	Aluminum foil and plastic wrap	<input type="checkbox"/>
Duct tape and scissors	<input type="checkbox"/>	Resealable plastic bags	<input type="checkbox"/>
Small canister, ABC-type fire extinguisher	<input type="checkbox"/>	Small cooking stove and a can of cooking fuel (if food must be cooked)	<input type="checkbox"/>
Whistle	<input type="checkbox"/>		
Plastic sheeting	<input type="checkbox"/>	Comfort Items	
Tube tent	<input type="checkbox"/>	Games	<input type="checkbox"/>
Compass	<input type="checkbox"/>	Cards	<input type="checkbox"/>
Work gloves	<input type="checkbox"/>	Books	<input type="checkbox"/>
Paper, pens, and pencils	<input type="checkbox"/>	Toys for kids	<input type="checkbox"/>
Needles and thread	<input type="checkbox"/>	Pet Supplies/Toys	<input type="checkbox"/>
Battery-operated travel alarm clock	<input type="checkbox"/>	Pet restraint/leash	<input type="checkbox"/>