

Insurance is important, but you'll still need to be prepared. Use this checklist to get ready.

Water

- Keep at least a three-day supply of water for each person and pet in your house and store water in plastic, unbreakable containers.

Food

- Store at least a three-day supply of nonperishable food (Select foods that require no refrigeration, cooking, and little or no water).
 - Ready-to-eat canned meats, fruits and vegetables
 - Canned juices, milk, soup (if powdered store extra water)
 - Staples: sugar, salt, pepper
 - High-energy foods: peanut butter, jelly, crackers, granola bars, trail mix
 - Foods for infants, elderly persons or persons on special diets and don't forget to stock up on food for your pets
 - Comfort/stress foods: cookies, hard candy, sweetened cereals, instant coffee

Clothing/Bedding

- Include at least one complete change of clothing and footwear per person.
 - Sturdy shoes/work boots
 - Weather-appropriate clothing such as rain gear, hats and gloves, sunglasses
 - Blankets or sleeping bags

First Aid Kit

- Stock up on the following first aid and injury treatment supplies:
 - At least a three-day supply of all prescriptions
 - Sterile adhesive bandages, gauze pads, roller bandages and safety pins in assorted sizes (several of each)
 - Tube of petroleum jelly or other lubricant
 - Cleansing agent/soap
 - Non-prescription drugs such as aspirin or non-aspirin pain reliever; anti-diarrhea medication, antacid
 - Thermometer
 - Tweezers
 - Scissors
 - Antiseptic
 - Vitamins
 - Sunscreen
 - Moistened towelettes
 - Latex gloves (2 pairs)

Important Family Documents

- Store the following documents in a waterproof, portable container:
 - Wills, insurance policies, contracts, deeds, stocks and bonds, family records
 - Passports, immunization records, bank and credit card account numbers
 - Inventory of valuable household goods and important telephone numbers

Tools and Supplies

- Keep a good stock of these additional necessities on hand as well:
 - Paper cups, plates, and plastic utensils
 - Battery-operated radio and extra batteries
 - Flashlights and extra batteries, whistle
 - Cash or travelers' checks, change
 - Non-electric can opener, utility knife
 - Fire extinguisher: small canister, ABC type
 - Matches in a waterproof container
 - Plastic storage containers
 - Shut-off wrench to turn off household gas and water
 - Map of the area (for locating shelters)
 - Sanitation items such as toilet paper, soap, liquid detergent, feminine supplies, personal hygiene items
 - Plastic garbage bags, sheeting, ties
 - Plastic bucket with tight lid
 - Household chlorine bleach
 - Aluminum foil
 - Medicine dropper
 - Needles, thread
 - Tube tent
 - Paper, pencil
 - Signal flare