PREPARED & READY

Household Emergency Checklist

Start with what you have. Pick one step to take this week.

☐ Water and food

Plan for 3 days of water and shelf-stable food if evacuating, and 2 weeks at home. Store 1 gallon of water per person per day. Include ready-to-eat food and a manual can opener.

☐ Health and hygiene

Pack a first-aid kit, hygiene supplies and a medication list. Ask your pharmacist about emergency refills and storage. Include supplies for infants, pets and medical equipment as needed.

☐ Light and communication

Set aside flashlights, spare batteries, a charged power bank and a battery-powered or hand-crank radio. Sign up for local emergency alerts.

☐ Household emergency plan

Write down emergency contacts, pick two meeting places and practice how you will leave and reconnect. Learn your local shelter and evacuation instructions.

☐ Go bag and important records

Pack a change of clothes, a flashlight, a whistle and essentials you can carry. Keep copies of important records secure and accessible. Set aside small bills as your budget allows.

My first step this week

Guidance: American Red Cross survival kit and emergency planning resources