

Emergency Preparedness Checklist

A complete household readiness checklist covering your plan, supplies, documents, communication and special needs.

Make a Family Emergency Plan

- ☐ Sign up for local emergency alerts and warnings
- ☐ Choose two meeting places: one near home and one outside the neighborhood
- ☐ Pick an out-of-town contact everyone can call or text
 - Texts often go through when calls fail during an emergency
- ☐ Map at least two evacuation routes out of your area
- ☐ Plan how to reunite with children at school or daycare
- ☐ Practice the plan with the whole family twice a year

Store Water and Food

- ☐ Store one gallon of water per person per day for at least three days
- ☐ Keep a three-day supply of non-perishable food per person
- ☐ Include a manual can opener and basic eating utensils
- ☐ Add food for infants, pets and anyone with special diets
- ☐ Label storage dates and rotate stock before it expires

Build the Core Supply Kit

- ☐ Stock a first aid kit and any prescription medications
- ☐ Pack flashlights and a battery- or hand-crank radio
- ☐ Keep extra batteries and a power bank for phones
- ☐ Add a whistle to signal for help
- ☐ Include dust masks, work gloves and plastic sheeting
- ☐ Pack moist towelettes, garbage bags and ties for sanitation

Gather Important Documents

- ☐ Copy IDs, passports, birth and marriage certificates
- ☐ Save insurance policies, deeds and lease agreements
- ☐ List bank, medical and emergency contact information
- ☐ Store copies in a waterproof bag and a secure cloud account
- ☐ Keep some cash in small bills in case card systems are down

Set Up Communication

- ☐ Save emergency contacts on every family member's phone
- ☐ Write key numbers on a card in case phones die
- ☐ Keep chargers, a power bank and a car charger ready
- ☐ Agree on a check-in time and method if you are separated
 - A shared group text or messaging thread keeps everyone updated
- ☐ Know how to receive alerts if the power and internet are out

Plan for Special Needs and Pets

- ☐ Pack a week of medications and copies of prescriptions
- ☐ Include supplies for infants, seniors and disabilities

- ☐ Store spare glasses, hearing-aid batteries and mobility aids
- ☐ Prepare food, water, leash, carrier and vaccination records for pets
- ☐ Identify pet-friendly shelters or hotels along evacuation routes
- ☐ Add comfort items and activities for children