



Armed Forces Insurance
OUR MISSION IS YOU.®

FAMILY EMERGENCY PREPAREDNESS CHECKLIST

Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, foods that are compact and foods that are lightweight:

- One gallon of water per person per day, for drinking and sanitation
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep at least a three-day supply of water per person.
- 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, and trail mix
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods — cookies, hard candy, sweetened cereals, lollipops, instant coffee, and tea bags

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors, tweezers, needle and thread
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Medicine Dropper

Special Needs (Elderly, baby, etc.)

- Medications, Denture needs, extra eyeglasses and contacts
- Diapers, bottles, formula, wipes, rash ointment, powdered milk

Tools and Supplies

- Paper cups, plates and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Nonelectric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Pliers
- Full tank of gas
- Compass
- Matches in a waterproof container
- Aluminum foil, tape
- Plastic storage containers
- Signal flare, whistle
- Paper, pencil, and pen
- Shut-off wrench, to turn off household gas and water
- Plastic sheeting

Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Clothing and Bedding

Clothing

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes/work boots
- Hats and gloves
- Rain gear
- Thermal underwear
- Blankets or sleeping bags
- Sunglasses/goggles

Important Family Documents

Keep these records in a waterproof, portable container. Will, insurance policies, contracts, deeds, stocks and bonds, passports, social security cards, immunizations, bank account numbers, credit card numbers and companies, inventory of household goods, important telephone numbers, family records (birth & marriage certificates).

Make sure you store this kit in a convenient place, so it is easily accessible.