

Personal Emergency Supplies

This checklist has suggestions for personal items to make life away from home in a crisis situation more comfortable. These are just suggestions and not intended to be all-inclusive for every situation.

Personal Emergency Supplies:

- Small Tissue Packet
- 3 Sanitary Disposable Toilet Bags
- Soft Toilet Tissue Roll (Don't use a whole one – pack 2 half used rolls and smash them flat.)
- Small Bar of Soap
- Toothbrush
- Small Tube of Toothpaste
- Hair Comb and/or Brush
- Travel-size Shampoo
- Mini Hand Sanitizer
- Small Size Baby Wipes
- Feminine Maxi-Pads (for women and pressure dressings)
- Medication (Acetaminophen, Ibuprofen, children's medication etc.)
- Prescription Medication (for 3 days)
- Extra eye glasses or contacts.
- Assorted sizes of plastic bags (for storage, sanitation, garbage, poncho, etc.)
- Infant Needs (if applicable)
- Change of Clothing (short or long sleeved shirt, pants, jacket, socks, underwear)

First-Aid

- First-Aid Kit with approx. 60 Essential First Aid Items
- First Aid Book
- 4 Surgical Latex Gloves (Buy vinyl gloves if allergic to latex.)
- 2 CeraLyte Oral Rehydration Electrolyte Drinks
- Diapers (for baby and can be used for wound dressings)
- N.95 Masks (to keep from breathing dust/debris after an explosion, earthquake, or building collapse)

Good to Have

- Deck of cards
- Small books for children
- Some kind of candy that won't melt