

PREPARED AT HOME

EMERGENCY PREPAREDNESS CHECKLIST

planning for the expected and unexpected

Use this checklist to take inventory of the supplies you already have and identify what you may want to add or replace. Every household is different—customize this list to fit your family's needs.

1. WATER + HYDRATION

	I HAVE IT	NEED TO ADD / REPLACE
☐ Bottled Water (1 gal/person/day)	☐	☐
☐ Water Filter / LifeStraw	☐	☐
☐ Water Storage Containers	☐	☐
☐ Electrolyte Packets	☐	☐
☐ Collapsible Water Bottles	☐	☐

2. FOOD

	I HAVE IT	NEED TO ADD / REPLACE
☐ Ready-to-Eat Meals	☐	☐
☐ Canned Goods	☐	☐
☐ Protein Bars / Snacks	☐	☐
☐ Peanut Butter / Nuts	☐	☐
☐ Manual Can Opener	☐	☐
☐ Utensils / Plates / Cups	☐	☐

3. FIRST AID + HEALTH

	I HAVE IT	NEED TO ADD / REPLACE
☐ First Aid Kit	☐	☐
☐ Prescription Medications	☐	☐
☐ Pain Relievers	☐	☐
☐ Bandages / Gauze / Tape	☐	☐
☐ Antiseptic Wipes / Ointment	☐	☐
☐ Thermometer	☐	☐
☐ Personal Hygiene Items	☐	☐

4. LIGHT + POWER

	I HAVE IT	NEED TO ADD / REPLACE
☐ Flashlights	☐	☐
☐ Lantern	☐	☐
☐ Extra Batteries	☐	☐
☐ Candles + Lighter	☐	☐
☐ Portable Power Bank	☐	☐
☐ Charging Cables	☐	☐

5. COMMUNICATION

	I HAVE IT	NEED TO ADD / REPLACE
☐ Emergency Radio	☐	☐
☐ Radio Batteries	☐	☐
☐ Charged Cell Phones	☐	☐
☐ Walkie-Talkies	☐	☐
☐ Whistle	☐	☐
☐ Emergency Contacts	☐	☐

6. NAVIGATION

	I HAVE IT	NEED TO ADD / REPLACE
☐ Printed Maps	☐	☐
☐ Compass	☐	☐
☐ Local Area Map	☐	☐
☐ Road Atlas	☐	☐
☐ GPS Device	☐	☐

7. SANITATION + HYGIENE

	I HAVE IT	NEED TO ADD / REPLACE
☐ Hand Sanitizer	☐	☐
☐ Disinfecting Wipes	☐	☐
☐ Toilet Paper	☐	☐
☐ Tissues	☐	☐
☐ Trash Bags	☐	☐
☐ Toiletry Items	☐	☐

8. TEMPERATURE + WEATHER

	I HAVE IT	NEED TO ADD / REPLACE
☐ Emergency Blankets	☐	☐
☐ Warm Blankets	☐	☐
☐ Extra Clothing Layers	☐	☐
☐ Socks / Gloves / Hats	☐	☐
☐ Rain Ponchos	☐	☐
☐ Sturdy Shoes / Boots	☐	☐
☐ Cooling Towels	☐	☐
☐ Rechargeable Mini Fan	☐	☐

9. DOCUMENTS + CASH

	I HAVE IT	NEED TO ADD / REPLACE
☐ ID Copies	☐	☐
☐ Insurance Information	☐	☐
☐ Medical Information	☐	☐
☐ Emergency Contact List	☐	☐
☐ Cash (Small Bills)	☐	☐
☐ Waterproof Pouch	☐	☐

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10. HOUSEHOLD + PET NEEDS

	I HAVE IT	NEED TO ADD / REPLACE
☐ Pet Leashes / Carriers	☐	☐
☐ Pet Medications	☐	☐
☐ Pet Food + Water	☐	☐
☐ Litter / Waste Bags	☐	☐
☐ Children / Infant Supplies	☐	☐
☐ Special Household Needs*	☐	☐

*Consider the individual needs of every household member, including children, older adults, and pets.



11. FAMILY PLAN

	I HAVE IT	NEED TO ADD / REPLACE
☐ Family Meeting Place	☐	☐
☐ Evacuation Routes	☐	☐
☐ Out-of-Town Contact	☐	☐
☐ Emergency Plan Discussed	☐	☐
☐ Practice Drills / Check-Ins	☐	☐
☐ School / Childcare Plan	☐	☐



12. SAFETY + TOOLS

	I HAVE IT	NEED TO ADD / REPLACE
☐ Multi-Tool	☐	☐
☐ Work Gloves	☐	☐
☐ Duct Tape	☐	☐
☐ N95 / Dust Masks	☐	☐
☐ Wrench / Pliers	☐	☐
☐ Fire Extinguisher	☐	☐

HOUSEHOLD EMERGENCY PLAN

Primary Meeting Location

Alternative Meeting Location

Out-of-Town Contact / Phone

Evacuation Destination

notes

Need to stock up on a few essentials?

 [SHOP MY AMAZON EMERGENCY PREPAREDNESS LIST](#) →

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THOUGHTFUL PLANNING FOR LIFE'S UNEXPECTED MOMENTS.

Review and refresh your household supplies every 3–6 months.