

Basic Emergency Kit Check List

Water (3L of water per person per day for at least three days)	
Food (At least a three-day supply of non-perishable food)	
Flashlight and extra batteries	
Radio	
Personal Medical Supply	
Emergency Blanket	
Knife, Fire Lighter and Candle (Waterproof matches)	
Whistle to signal for help	
Surgical Mask and Glove	
Personal Hygiene (Soap, toothbrush, toothpaste etc.)	
Feminine Supply (if needed)	
Tissue Paper, Garbage Bags and Rope for personal sanitation	
Small Food Container, Spoon and Fork	
Can opener for food (if kit contains canned food)	
Copy of Personal Identity, Contact Information, Medical History	
Pen and Paper (Stationary)	
Cash and Coins	
Milk Powder, Baby Diapers, Child Clothes (if infant or small kids)	