## emergency supplies kit Checklist

consumables	
	Non-perishable food :: 3 days worth for each member of the family
	Water :: 3 gallons {1 gallon / day} for each member of the family
	Food and water for each pet
	Paper goods such as plates, plastic forks, paper towels, etc.
	Infant formula, diapers, and wipes
wellness items	
	First aid kit
	Prescription medications
	Non-prescription medications such as acetaminophen, ibuprofen, anti-diarrhea, etc.
	Eyeglasses, contacts, and contact solution
	Personal hygiene items and feminine supplies
	Anti-bacterial soap
	Moist towelettes
electronic devices	
	Cell phones, tablets, and chargers
	Weather radio
	Flashlights and batteries
	Jumper cables for your vehicle
	Generator with extra gasoline
miscellaneous	
	Cash and emergency credit card
	Garbage bags
	Tools for turning off utilities if necessary such as a wrench, pliers, screwdriver, etc.
	Linens such as pillows, blankets, towels, etc.
	Change of elething for each member of the family

Change of clothing for each member of the family

Books and games for children

Paper and pens for notetaking

www.houstonmomsblog.com