

Massachusetts Emergency Management Agency



SUGGESTED EMERGENCY KIT CHECKLIST

At a minimum your kit should include:

- Bottled water (one gallon per person/per day for at least three days)
- Food: at least a three-day supply of non-perishable foods that do not need cooking (ready-to-eat canned meats, fruits, vegetables, or juices, protein or granola bars, cereal, peanut butter, dried fruit, nuts, crackers, baby food, comfort foods)
- Manual can opener
- Radio (battery-powered or hand crank), NOAA Weather Radio, and extra batteries
- Flashlight or lantern, with extra batteries
- Cellphone and charger (also an auto, solar, or crank charger in case power is out)
- Wrench or pliers to turn off utilities and other basic tools
- Prescription medications (two-week supply)
- Garbage bags, soap, sanitizer, and other personal hygiene items
- Extra eyeglasses, contact lenses, and dentures
- Extra batteries for hearing aids, wheelchairs, or other medical equipment
- Change of clothes and sturdy shoes
- Pet collar, leash, harness, crate, food, bowls, current photo, license and medical info
- Copies of insurance policies, bank account records, identification cards (IDs), medical information, and other important documents
- Extra cash and traveler's checks (ATMs may not work during a power outage)
- First-aid kit
- Whistle to signal for help
- Waterproof matches or lighter
- Local area maps
- Diapers, wipes, formula, baby food and supplies, if needed
- Water purification tablets

Also consider adding:

- Watch or battery-operated clock
- Household chlorine bleach, which can disinfect drinking water
- Camp stove or grill with fuel or canned heat, neither of which should be used indoors
- Disposable plates, cups, and utensils
- Duct tape, plastic sheeting, or tarp
- Seasonal items such as warm clothes for winter and sunscreen for summer
- Sleeping bags or blankets
- Books, games, puzzles, and other comfort items