

Camden County Dept. of Health & Human Services

Public Health Emergency Preparedness

Emergency Supply Kit Checklist

1. Water, one gallon of water per person per day for at least three days, for drinking and sanitation
2. Food, at least a three-day supply of non-perishable food
3. Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
4. Flashlight and batteries
5. First aid kit
6. Whistle to signal for help
7. Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
8. Moist wipes, garbage bags and plastic ties for personal sanitation
9. Wrench or pliers to turn off utilities
10. Can opener for food (if kit contains canned food)
11. Local maps
12. Cell Phone and Charger

Additional Items to Consider Adding to an Emergency Supply Kit:

1. Prescription medications and glasses
2. Infant formula and diapers
3. Pet food and extra water for your pet
4. Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
5. Cash or traveler's checks and change
6. Emergency reference material such as a first aid book
7. Sleeping bag or warm blanket for each person
8. Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes.
9. Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
10. Fire Extinguisher
11. Matches in a waterproof container
12. Feminine supplies and personal hygiene items
13. Mess kits, paper cups, plates and plastic utensils, paper towels
14. Paper and pencil
15. Books, games, puzzles or other activities for children