



PREPPER BITS

Emergency Supplies Checklist

NON-PERISHABLE FOODS & WATER SUPPLIES

For most emergencies expect to keep at least enough food to feed each person in your family or group for 3-5 days.

- Canned soups with pull tab
- Canned meat with pull tab
- Tuna fish sealed pouch or pull tab
- peanut butter
- granola bars
- nuts
- dried fruit
- beef jerky
- trail mix
- canned vegetables with pull tab
- canned fruit with pull tab
- shelf-stable applesauce
- shelf-stable pudding
- peanut butter crackers
- cheese crackers
- Can opener for cans that don't have a pull tab
- Water – 1 gallon per person for day for drinking. Add more if you'll be using it for personal hygiene. A 5 day supply for a family of 4 would equal 20 gallons of drinking water

PAPER GOODS FOR MEALS: This becomes important when there is no water with which to wash dishes

- Paper plates
- Plastic cups
- Plastic utensils
- Paper towels
- Garbage bags (13 gal. for personal hygiene items and 30 gal. for normal garbage)

ADDITIONAL EMERGENCY PREPAREDNESS ITEMS

- Matches in a waterproof container
- Lighter
- Flashlight
- Extra Batteries
 - AA , AAA, D,C,9V (or whatever your kit items require)
- Multitool or Small Tool Kit with Pliers, Wrench, Screwdrivers
- Duct Tape
- Superglue
- Bandana
- Plastic Sheeting/Tarps
- Dust Masks
- Hand Cranked Radio
- Cell phone with charger
- Solar charger
- Whistle to signal for help
- Pen & Paper
- Household Fire Extinguisher
- 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.)
- Cash
- Maps

FIRST AID & MEDICATIONS

- First aid kit
- First Aid Manual
- Prescription medication
- Over-the-Counter medication
- Glasses
- Hearing Aids

PERSONAL HYGENE

- Toothbrush
- Toothpaste
- Soap
- Feminine hygiene supplies
- Razor
- Towels
- Blankets/Sheets or Sleeping Bag
- Pillows
- Extra Clothing & Shoes appropriate for the weather
- Pet Food & Supplies

IMPORTANT DOCUMENTS

It's a good idea to make a copy of these documents and store on a to carry with you at all times.

- Drivers License
- Credit/Debit Cards
- Insurance Policies
- Bank Records
- Wills
- Passports
- Extra set of house keys and car keys
- Birth certificate
- Marriage certificate
- Social Security cards
- Deeds
- Inventory of household goods
- Immunization records
- Stocks and bonds
- List with Important Phone Numbers

If You Have Prior Notice

- Grab Some Cash – ATMs will not be working if there is no power
- Fill your cars with fuel
- Fill up your spare fuel cans
- Purchase enough water for each person to have 1 gallon of water for at least 3 days
- Have enough shelf stable food for 3 days for each person in your household
- Purchase batteries

Don't Wait – If you're in an area that is prone to natural disasters, please make sure you have your emergency supplies ready at all times. Better to prepare for the worst and not need it that to be left in a bind.

The above is not an exhaustive list as your emergency kit & supplies will depend on your personal circumstances and the scenario you are preparing for. If you have any suggestions that would improve this checklist please feel free to get in touch with [Prepper Bits](#).

Here are some additional resources that will help you create your own Emergency Supplies List

<https://prepperbits.com>

<https://www.prepperwebsite.com/>

<https://www.aboblist.com>

<https://www.ready.gov/build-a-kit>