

# Be Prepared to Stay and Emergency Supply Kit Checklist

Keep enough supplies in your home to survive on your own for at least three days. If possible, keep these materials in an easily accessible, separate container or special cupboard. You should indicate to your household members that these supplies are for emergencies only.

## Be Prepared to Stay

- Design a safe shelter, preferably an inside room with no windows
- Lock all doors and windows
- Find your emergency supply kit (see below)
- Use plastic and tape to seal your safe shelter from the inside
- Have supplies ready
- Care for family members with special needs
- Check for news updates using your radio, or log onto [www.az211.gov](http://www.az211.gov)

## Emergency Supply Kit (To-Stay or To-Go)

- Water:** One gallon per person per day, plus extra for pets
- Food:** Non-perishable, ready-to-eat foods and manual can opener
- Flashlight:** Hand crank model preferred or have extra batteries
- Radio:** Hand crank model preferred or have extra batteries
- Water Treatment:** Iodine tablets or unscented chlorine bleach and an eyedropper
- Phone:** Wireless phone, fully charged
- Documents:** Copies of important documents (insurance cards, photo IDs, proof of address) in waterproof, portable container like a zip lock bag
- Emergency Reference Card:** List of local, out-of-state, family and emergency contact information
- Personal items:** Soap, feminine products, toothbrush, toothpaste, etc.
- Whistle:** Signal for family and rescuers
- First Aid Kit:** Treat minor family injuries
- Cash:** Be sure to carry a mix of cash (small bills) and credit cards
- Keys:** An extra set for home and car
- Special Needs:** Child care items, pet supplies, family medications and other essential personal items for at least one week. Be sure to change medications before they expire. Keep a list of medications each member of your household takes, their dosages or copies of all your prescription slips, and your doctor's name and phone number.
- Clothing:** Extra seasonal clothes for changing weather
- Tools:** Wrench or pliers to turn off utilities
- Matches:** In waterproof container
- Mess Kits:** A set of compact cooking and eating utensils for preparing meals
- Paper and Pencil:** To take down important information
- Fire Extinguisher:** For added protection against fire
- Tarp, Tent, Poncho:** In case of rain

