

Feeling Safe, Being Safe

Sample Emergency Kit Supply List

1. FEELING SAFE, BEING SAFE WORKSHEET

2. PERSONAL ITEMS

Socks, underwear, pants, shirt, sweater, hat, gloves
Extra adaptive equipment (glasses, hearing aide)
Medication (3) day supply or list of medications
COPY of Medical Insurance cards (in zip lock bag)
COPY of Identification cards (in a zip lock bag)
Money - dollars and coins (in zip-lock bag)
Tissue paper

3. FOOD AND WATER

Water
Granola or protein bar
Canned food with self opener

4. EMERGENCY SUPPLIES

Whistle
Flashlight and radio with extra batteries
Garbage bags
Emergency raincoat and blanket
Roll of Duct Tape, All-Purpose Tool
Hand sanitizer wipes
First Aide Kit with disposable gloves

5. PET/SERVICE ANIMAL SUPPLIES

Zip-lock bag of dog and/or cat food

