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