



7-Day Emergency Kit Checklist

**By The Hurricane
Watch Center**

Assembling an effective 7-day emergency kit is a crucial step in ensuring your family's safety during unforeseen events like hurricanes or natural disasters. This list provides a basic idea of the essential items you should consider including in your kit. However, it's important to first understand the unique needs of you and your family members.

Everyone may have specific requirements—whether it's dietary restrictions, medical needs, or personal preferences—that must be addressed when putting together your kit. Before gathering supplies, take stock of the items each person relies on daily. Compile your emergency kit based on these specific needs to ensure everyone is well-prepared and comfortable during an emergency. Prioritizing these unique requirements will help create a more effective and personalized emergency kit for your family.

1. Water and Hydration

- 1 gallon of water per person per day (7 gallons per person for 7 days)
- Water purification tablets or a water filter
- Collapsible water containers for transport

2. Food Supplies

- **Non-perishable food items** (enough for 7 days):
 - Canned goods (vegetables, fruits, meats)
 - Ready-to-eat meals (MREs or packaged meals)
 - Dried fruits, nuts, and trail mix
 - Granola bars or protein bars
 - Instant oatmeal packets
- Manual can opener (if using canned food)
- Cooking supplies (portable camping stove or grill, fuel, cooking pot)

3. First Aid Kit

- Adhesive bandages (various sizes)
- Sterile gauze pads and adhesive tape
- Antiseptic wipes or solution

- Tweezers and scissors
- Pain relievers (ibuprofen, acetaminophen)
- Prescription medications (enough for at least 7 days)
- First aid manual

4. Personal Hygiene Items

- Hand sanitizer (at least 60% alcohol)
- Moist towelettes or baby wipes
- Toothbrushes and toothpaste
- Soap (bar or liquid)
- Feminine hygiene products
- Toilet paper
- Trash bags (for waste disposal)

5. Clothing and Shelter

- **Extra clothing** (appropriate for the season):
 - Long-sleeved shirts and pants
 - Warm layers (sweaters or fleece)
 - Rain gear (ponchos or waterproof jackets)
 - Sturdy shoes or boots
- Emergency blankets or sleeping bags
- Tarp or emergency tent for shelter

6. Tools and Emergency Equipment

- Flashlights (with extra batteries)
- Multi-tool or Swiss Army knife
- Whistle (to signal for help)
- Duct tape (for quick repairs)

- Rope or paracord
- Battery-powered or hand-crank radio (NOAA weather radio recommended)
- Extra batteries

7. Communication and Documentation

- Fully charged portable phone charger
- Emergency contact list (family, friends, neighbors)
- Copies of important documents (ID, insurance policies, medical records) in a waterproof bag
- Cash (small denominations) and coins for emergencies

8. Emergency Preparedness Items

- Map of your local area and evacuation routes
- Personal flotation devices (if near water)
- Fire extinguisher (small, ABC rated)
- Animal supplies (if you have pets):
 - Pet food, water, and any medications
 - Pet carriers or leashes
- Local emergency management contact information

10. Fun and Comfort Items

- Books, games, or playing cards for entertainment
- Portable devices (tablets or e-readers) with pre-downloaded content
- Small comfort items (stuffed animals for kids, a favorite blanket)
- **Final Tips:**
 - Store your emergency kit in a cool, dry place, and check it every six months to replace expired items.
 - Tailor the kit to your family's specific needs, including any special medical requirements or dietary restrictions.

- Regularly practice your emergency plan with your family, ensuring everyone knows where the kit is stored and how to use its contents.

In conclusion, preparing your 7-day emergency kit is an essential step in safeguarding your family against the unpredictability of hurricane season and other emergencies. The best part about starting your preparations during the off-season is that you don't have to purchase everything all at once. By spacing out your purchases and acquiring items gradually, you can save money and alleviate the financial burden on your budget. This approach not only ensures that you have all the necessary supplies on hand but also gives you the peace of mind that comes with being well-prepared.

By taking the time to prepare now, you'll be ready to face whatever challenges come your way during hurricane season. Remember, a little preparation today can lead to a lot of security tomorrow! Stay safe