

FAMILY PREPAREDNESS KIT CHECKLIST



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CATEGORY	ITEM	NOTES
ESSENTIALS	Water	One gallon per person per day for three days
	Non-perishable Food	Canned goods, granola bars, dried fruits
	Manual Can Opener	If using canned goods
	First Aid Kit	Bandages, antiseptics, tweezers, pain relievers
	Flashlights	Preferably LED
	Batteries	Extra sets for devices
	Multi-tool	Swiss Army knife or similar
	Local Maps	In case GPS is not available
	Cash	Small bills and coins
	PERSONAL ITEMS	Prescription Medications
Personal Hygiene Items		Toothbrush, toothpaste, feminine hygiene
Baby Supplies		Diapers, wipes, formula
Pet Supplies		Food and water for pets
COMFORT & COMMUNICATION	Blankets/Sleeping Bags	One per family member
	Portable Radio	Battery-operated or hand-crank
	Mobile Phone Chargers	Solar or battery-powered
	Books or Games	For entertainment
SAFETY GEAR	Whistle	To signal for help
	Face Masks	To filter contaminated air
	Gloves	Heavy-duty for handling debris

CHILD SPECIFIC PREPAREDNESS KIT CHECKLIST



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CATEGORY	ITEM	NOTES
BASIC NECESSITIES	Child-Friendly Food	Squeezable fruit pouches, child-friendly bars
	Baby Formula	If you have infants
	Sippy Cups/Baby Bottles	For younger children
HEALTH & SAFETY	Paediatric Medicines	Fever reducers, antihistamines
	Child-Sized Face Masks	Standard masks may not fit
	Baby Wipes	For quick clean-ups
	Nappies	If you have infants or toddlers
COMFORT ITEMS	Soft Toys/Blankets	Familiar items for comfort
	Children's Books	For distraction
	Colouring Supplies	Crayons and colouring books
IDENTIFICATION	Child ID and Medical Records	Laminated card with important info
	Recent Photos	In case of separation
COMMUNICATION AND ENTERTAINMENT	Child-Friendly Walkie-Talkies	For older kids
	Headphones	For calming music or audiobooks
PRACTICAL GEAR	Child-Sized Backpack	For carrying their own supplies
	Glow Sticks	Safer than candles for kids