



Sustenance

Plan on five days of food. These shelf-stable food and foods and beverages typically do well in varying temperatures.

- Can opener
- MRE's (heat sensitive)
- Energy bars (high calorie)
- Almonds / other nuts
- V-8 juice
- Canned pasta
- Ready-to-eat canned meals (chili, beef stew)
- Gatorade/energy drink mix
- Cocoa or hot apple cider mixes
- Peanut butter or other nut butter
- Jerky
- Dried fruit
- Canned fruit
- Applesauce/fruit cups
- Fruit leather
- Rice cakes
- Pilot bread
- Hard crackers like Triscuits
- Hard candies
- Tuna packs
- Cookies
- Crackers
- Cheese spread in jars
- Pudding cups
- Instant coffee, if ya just gotta have it!
- Packets of dry milk
- Breakfast bars
- Sunflower seeds
- Granola
- Just-add-hot-water freeze dried meals

Evacuation Supplies Checklist

- Shelf stable milk
- Hard candies
- Utensils
- Small cup and plate
- Water bottle or canteen

Sanitation supplies

- Flattened roll of toilet paper or a packet or 2 of tissues
- Bar of soap in a plastic box with lid
- Feminine hygiene products, if necessary
- Wet wipes
- Hand sanitizer
- Toothbrush
- Toothpaste
- Change of clothes
- Small hand towel
- Shampoo
- Dog poop bags

Sanity

- Small notebook
- Pencil and pencil sharpener
- Foam ear plugs
- Deck of cards
- Books on CD
- Sharpie marker
- Age-appropriate entertainment items
- Bible or other inspirational book

Security

- Cash – Enough to cover expenses for at least 5 days, including hotel, gas, and food.
- Firearm
- Loaded magazines
- Bear spray

- Pepper spray
- Emergency phone numbers & addresses
- Cell phone charger

Survival

- A portable radio – One per family.
- A first aid kit – A few basics packed in each kit, a larger kit in the family emergency bag
- Prescription medication
- Over-the-counter meds
- Waterproof matches or lighter – Teens and older.
- Fire starters
- Flashlight or other light source
- Extra batteries
- Emergency blanket
- Rain poncho
- Duct tape
- Paracord
- Whistle
- Maps of area
- Laminated map of immediate area with marked evacuation routes
- Tarp
- Portable water filter
- Pocket knife and/or multi-tool
- Thumb drive with scanned documents, family photos, and other important information
- Cotton, brimmed hat
- Work gloves
- Hand/foot warmers
- Heavy duty trash bags
- Sun block
- Insect repellent