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The 2-Week Emergency Kit Checklist

Start with 3 days, then build toward 2 weeks. Check off one section at a time, and pick glass, metal, and reusable options wherever you can.

1. Make a Plan

- [ ] Fill out a family communication plan (free at ready.gov/plan)
- [ ] Choose an out-of-area contact everyone checks in with
- [ ] Agree on a meeting spot near home and one outside the neighborhood
- [ ] Know how to shut off water, gas, and electricity
- [ ] Sign up for local emergency alerts
- [ ] Swap phone numbers with two neighbors

2. Water

- [ ] 1 gallon per person, per day (3 days minimum, 14 days in quake country)
- [ ] Extra water for pets
- [ ] Food-grade, washable containers (never old milk or juice jugs)
- [ ] Unscented 6% bleach for treating water (8 drops per gallon, wait 30 min)
- [ ] Know where your water heater drain valve is

3. Food

- [ ] No-cook food your family already eats
- [ ] Canned fish, beans, soup, fruit, vegetables
- [ ] Nut butter, dried fruit, nuts, granola
- [ ] Manual can opener
- [ ] Comfort food and coffee or tea
- [ ] Special diet and baby food needs

4. Power, Light & Cooking

- [ ] Flashlight or headlamp for each person
- [ ] Battery or hand-crank radio
- [ ] Rechargeable batteries and a charged power bank
- [ ] Phone chargers
- [ ] Stovetop coffee maker and a cast iron pan
- [ ] Battery carbon monoxide detector near bedrooms

> **Safety rule:** never run a generator, grill, or camp stove indoors or in a garage. Keep generators at least 20 feet from doors, windows, and vents.

5. First Aid & Meds

- [ ] First aid kit
- [ ] A refill buffer of prescription meds
- [ ] Written list of meds and doses
- [ ] Pain relievers and basic OTC meds
- [ ] Spare glasses or contact supplies

6. Hygiene

- [ ] Bar soap and toothpaste tablets
- [ ] Toilet paper
- [ ] Trash bags for sanitation
- [ ] Feminine and personal care items

7. Pets

- [ ] 2 weeks of pet food and treats
- [ ] Pet meds and supplements
- [ ] Leash, bowl, and vaccination records

8. Documents, Cash & Comfort

- [ ] Copies of ID, insurance, and key papers in a waterproof pouch
- [ ] Cash in small bills
- [ ] Warm blanket and a change of clothes per person
- [ ] Sturdy shoes, whistle, work gloves
- [ ] Books, cards, or games

9. Keep It Ready

- [ ] Store in a cool, dark place everyone can reach
- [ ] Eat and replace food before it expires
- [ ] Replace home-filled water every 6 months

Check date 1: _____ Check date 2: _____

Sources: Ready.gov, EPA, CDC, Washington Emergency Management Division