

Basic Emergency Kit Check List



Items	Prepared
Water (3L of water per person per day for at least three days)	
Food (At least a three-day supply of non-perishable food)	
Flashlight, radio and extra batteries	
Powerbank, phone charger, cable	
Emergency Blanket or Cloth	
Knife, Fire Lighter and Candle (Waterproof matches)	
Whistle to signal for help	
Surgical Mask and Glove	
Personal Hygiene (Soap, toothbrush, toothpaste etc.)	
Feminine Supply (if needed)	
First Aid Kit	
Personal Medical Supply	
Tissue Paper, Garbage Bags and Rope for personal sanitation	
Small Food Container, Spoon and Fork	
Can opener for food (if kit contains canned food)	
Pen and Paper (Stationary)	
Copy of Personal Identity, Contact Information, Medical History	
Cash and Coins	
Milk Powder, Baby Diapers, Child Clothes (if infant or small kids)	