





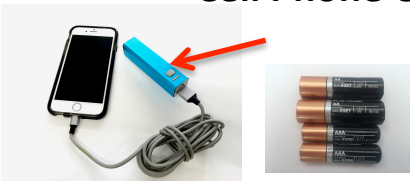




Recommended Basic Emergency Supplies Checklist*

Be prepared for a natural disaster:






1) Get a kit

2) Make a plan

3) Be informed

| | | |
|--|--|---|
|  <p>Plastic Bin OR Backpack</p> <input type="checkbox"/> |  <p>Water for 3+ days</p> <input type="checkbox"/> |  <p>Food for 3+ Days</p> <input type="checkbox"/> |
| <p>Radio, NOAA Weather Radio & Batteries</p>  <input type="checkbox"/> | <p>Cell Phone Charger & Batteries</p>  <input type="checkbox"/> | <p>Flashlight & Batteries</p>  <input type="checkbox"/> |
| <p>Whistle</p>  <input type="checkbox"/> | <p>Glasses, Hearing Aids & Batteries</p>  <input type="checkbox"/> | <p>Cash & Copies of Personal Documents</p>  <input type="checkbox"/> |

* Adapted and sourced from: <https://bit.ly/2ED6a4C>

|  <p>First Aid Kit</p> <input type="checkbox"/> |  <p>Garbage Bags & Wet Wipes</p> <input type="checkbox"/> |  <p>Dust mask, Plastic Sheetting & Duct Tape</p> <input type="checkbox"/> | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--------------------|--------------|--------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|
|  <p>Wrench OR Pliers</p> <input type="checkbox"/> | <p>Medication List</p> <p>Name: _____ Date of Birth (DOB): ____/____/____</p> <p>Allergies: _____</p> <table border="1"> <thead> <tr> <th>Name of Medication</th> <th>Dosage</th> <th>Instructions</th> <th>Prescribing Doctor</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>  <p>Medication List & 7 Day Supply of Medications</p> <input type="checkbox"/> | Name of Medication | Dosage | Instructions | Prescribing Doctor | | | | | | | | | | | | | | | | |  <p>Pet Food & Extra Water</p> <input type="checkbox"/> |
| Name of Medication | Dosage | Instructions | Prescribing Doctor | | | | | | | | | | | | | | | | | | | |
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More Information from FEMA: <https://www.fema.gov>

For Pre-made Emergency Supply Kits:
<https://www.redcross.org/store/preparedness/survival-kit>



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 Proper citation for this document: Aphasia Center of California (2019). *Basic Emergency Supplies Checklist with Photographs*. Oakland, CA: Author.