

Family Emergency, Safety & Medical Preparedness Checklist

Home Safety Preparedness

- ☐ Install & test smoke detectors on each floor
- ☐ Install & test carbon monoxide detectors
- ☐ Keep fire extinguishers in key areas (kitchen, garage)
- ☐ Secure heavy furniture and TVs to walls
- ☐ Store flashlights & extra batteries in accessible locations
- ☐ Create and practice a fire escape plan
- ☐ Post emergency contact numbers near phones

Emergency Kit (72-Hour Kit)

- ☐ 1 gallon of water per person per day (3-day supply)
- ☐ Water Filtration – LifeStraw Personal Water Filter – Buy on Amazon
- ☐ Non-perishable food (canned goods, granola, dried fruit)
- ☐ Manual can opener
- ☐ Flashlights or LED lanterns
- ☐ Battery-powered or hand-crank radio – Midland Emergency Radio – Buy on Amazon
- ☐ Extra batteries
- ☐ Portable Power Source – Anker Power Bank – Buy on Amazon
- ☐ First-aid kit
- ☐ Local maps
- ☐ Multipurpose tool (knife, pliers, etc.)
- ☐ Emergency whistle
- ☐ Cash in small bills
- ☐ Cell phone chargers and backup battery packs
- ☐ Emergency Blanket & Warm Gear – Mylar Emergency Blankets – Buy on Amazon

Go Bag / Evacuation Bag

- ☐ Change of clothes (weather-appropriate)
- ☐ Sturdy shoes
- ☐ Personal hygiene items (toothbrush, soap, wipes)
- ☐ Copies of important documents (ID, insurance, birth certificates)
- ☐ Family photo (in case of separation)
- ☐ List of medications and allergies
- ☐ Extra house and car keys
- ☐ Comfort items for children (toy, blanket)

Medical Preparedness

- ☐ Keep an up-to-date list of medications for each family member
- ☐ Extra supply of critical prescription medications
- ☐ EpiPen or inhalers (if prescribed)
- ☐ Thermometer & fever-reducing medications
- ☐ Basic first aid reference guide
- ☐ Medical ID bracelets (if applicable)
- ☐ Ice packs & heat packs
- ☐ Contact list of doctors, dentists, and preferred hospitals

Organize a First Aid Kit based on your family's needs. Recommended levels:

Basic First Aid Kit:

- ☐ - Acetaminophen / Tylenol
- ☐ - Ibuprofen / Advil
- ☐ - Diphenhydramine / Benadryl
- ☐ - Band-aids (10x, various sizes)
- ☐ - Rolled gauze, standard 4.5" x 4 yards
- ☐ - Gauze pads, 4" x 4" (6x)
- ☐ - Saline eye drops
- ☐ - Loperamide / Imodium
- ☐ - Silk medical tape roll, 1" wide
- ☐ - Tweezers
- ☐ - Gloves (2 pairs)
- ☐ - Emergency blanket (2x)

Intermediate First Aid Kit:

(Add-ons to basic first aid kit)

- ☐ - White petroleum jelly / Vaseline in small container
- ☐ - Butterfly bandages, 0.5" x 2.75" (16x)
- ☐ - Pressure dressing
- ☐ - Z-fold gauze, standard 4.5" x 4 yards
- ☐ - Coban roll, standard 2" x 5 yards
- ☐ - Moleskin, 5" x 2" strip
- ☐ - Plastic cling wrap, 2" wide roll
- ☐ - Cravat / triangular bandage, 45" x 45" x 63"
- ☐ - ACE bandage, standard 4" x 5 yards
- ☐ - Trauma shears
- ☐ - Safety pins (3x, various sizes)
- ☐ - Irrigation syringe, 20cc with an 18-gauge tip
- ☐ - Needle & thread stored in isopropyl alcohol (2x needle/thread, 1x small container)

Advanced First Aid Kit:

(Add-ons to basic and intermediate first aid kit)

- ☐ - Tourniquet
- ☐ - Chest seals (1 pair)
- ☐ - Aluminum splint, 36"
- ☐ - Abdominal pad, 5" x 9" (2x)
- ☐ - Nasopharyngeal airway, 28 French
- ☐ - Aspirin / Bayer
- ☐ - Pepto-Bismol pills
- ☐ - Caffeine pills
- ☐ - Hydrocortisone cream
- ☐ - Miconazole
- ☐ - Doxycycline and/or Bactrim antibiotics

Family Planning & Communication

- ☐ Choose an emergency contact outside your area
- ☐ Share contact info with all household members
- ☐ Identify two meeting places (one nearby, one farther away)
- ☐ Practice your evacuation plan (car, walking, public transit)
- ☐ Teach kids how to dial 911 and what to say
- ☐ Store emergency contacts in all phones

Vehicle Preparedness

- ☐ Keep at least ½ tank of gas in the car
- ☐ Jumper cables
- ☐ Car phone charger
- ☐ Blanket, water, and snacks
- ☐ Flashlight and flares
- ☐ Warning Triangles
- ☐ Tire repair kit or spare tire with tools
- ☐ First aid kit in vehicle