

Make a kit checklist

Are you Prepared? Check off the items below that you already have, then print off the checklist to take with you as you track down the items you still need. Use the list the next time you go to the store to remind you which items you need to be fully prepared.

Water. Have at least one gallon per person per day. Use bleach or water tablets to purify tap water if contaminated.

Food. Pack at least a three-day supply of non-perishable, high-protein items, including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little or no water.

Flashlight. Hand crank and alternative energy options are available. Include extra batteries, if applicable.

First aid kit. Include a first aid reference guide.

Medications. Don't forget prescription and non-prescription items.

Radio. A National Oceanic Atmospheric Association (NOAA) Weather radio is best. Include extra batteries or use a hand-crank radio.

Tools. Gather a wrench to turn off gas (if necessary), a manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting, garbage bags and ties.

Clothing. Provide a change of clothes for everyone, including sturdy shoes and gloves.

Personal items. Remember copies of important papers (including identification cards, insurance policies, birth certificates, passports, etc.), eyeglasses, contact lenses and solution, and comfort items like toys and books, if pertinent.

Sanitary supplies. You may need toilet paper, towelettes, feminine supplies, personal hygiene items, bleach, etc.

Money. Have cash on hand. Remember ATMs and credit cards won't work if the power is out.

Contact information. Carry a current list of family phone numbers and e-mail addresses, including someone out of the area who may be easier to reach if local phone lines are out of service or overloaded.

Pet supplies. For each pet, include food, water, a collar, a leash / cage / carrying case, litter box or plastic bags, tags, any medications and vaccination information.

Map. Consider marking an evacuation route on your map that directs you out of your area.