



Emergency Kit Inventory

Check what you have and what you're missing. Tick the box if you have it, and note the quantity, expiration date, and storage location. Review every 6 months.

✓	ITEM	QUANTITY	EXPIRATION / CHECK	STORAGE LOCATION
1. Water				
<input type="checkbox"/>	Drinking water: 3 liters per person per day (at least 72 hrs)			
<input type="checkbox"/>	Containers or bottles for storage			
<input type="checkbox"/>	Purification tablets / chlorine suitable for treating drinking water			
<input type="checkbox"/>	Portable water filter (e.g., LifeStraw)			
<input type="checkbox"/>	Water bottle with filter for emergencies			
2. Food				
<input type="checkbox"/>	Canned goods (legumes, fish, vegetables) — ready to eat			
<input type="checkbox"/>	High-energy foods (nuts, bars, chocolate)			
<input type="checkbox"/>	Manual can opener			
<input type="checkbox"/>	Long-term emergency rations (e.g., NRG-5)			
3. Power and lighting				
<input type="checkbox"/>	Flashlight (at least one per person)			
<input type="checkbox"/>	Spare batteries in the sizes you use			
<input type="checkbox"/>	Charged power bank for your phone			
<input type="checkbox"/>	Candles and a lighter or matches in a waterproof bag			
<input type="checkbox"/>	Hand-crank flashlight with solar panel			
<input type="checkbox"/>	AA battery pack			
4. Communication				
<input type="checkbox"/>	Battery or hand-crank radio to hear official alerts			
<input type="checkbox"/>	List of important phone numbers on paper (family, emergency line 911)			
<input type="checkbox"/>	Whistle to signal for attention			
<input type="checkbox"/>	Solar / hand-crank emergency radio			
5. First-aid kit and medications				

- Basic first-aid kit (bandages, gauze, adhesive bandages, antiseptic, scissors)
- Each family member's regular medications (with a reserve)
- Masks and gloves
- Tested first-aid kit

6. Warmth and shelter

- Emergency blankets (thermal foil)
- Warm clothing and a change of clothes per person
- Sleeping bag or thick blanket
- Set of emergency thermal blankets

7. Documents and money

- Copies of ID, passport, and insurance in a **waterproof bag**
- Copy of vaccination records and prescriptions
- Cash in **small bills** (ATMs may not work)

8. Hygiene

- Toilet paper and tissues
- Hand sanitizer gel
- Heavy-duty trash bags
- Personal care products (soap, pads, diapers if needed)

Calculate exactly how much you need

The planner tells you what and how much to buy — based on the number of people and days.

emergencykitlab.com/planner

The quantities in this list are for guidance only. To find out exactly what and how much you need based on the number of people and days, use the planner at emergencykitlab.com.