

COMPLETE & DETAILED EMERGENCY KIT LIST

Being prepared before anything happens is one of the smartest decisions you can make for yourself and your family. Emergencies like earthquakes, fires, severe storms, or unexpected power outages can happen without warning, leaving little to no time to gather basic necessities. When you already have essential supplies like water, food, light, and medical items ready, you remove panic from the situation and replace it with control.

Preparation allows you to respond quickly, stay safe, and protect the people around you during critical moments. It also reduces dependence on crowded stores, delayed emergency services, or unavailable resources. Having these essentials ready at all times isn't about expecting the worst — it's about being confident, capable, and ready for whatever comes your way.

1. WATER (MOST CRITICAL)

Minimum:

- 1 gallon per person per day (3–7 days)

Better Setup:

- Large water storage containers (5–7 gallon)
- Bottled water backup
- Water filter (LifeStraw / Sawyer type)
- Water purification tablets

 **Pro Tip:** Store water in multiple places (not just one container)

2. FOOD (LONG-LASTING + EASY)

Must-have:

- Canned foods (beans, tuna, vegetables, soup)
- Protein bars / energy bars
- Peanut butter
- Crackers or dry foods

Better Setup:

- Freeze-dried meals (long shelf life)
- Rice / oats (if you can cook)
- Electrolyte packets

👉 **Don't forget:** Manual can opener

3. LIGHT & POWER

Basic:

- Flashlights (at least 2)
- Extra batteries

Upgrade:

- Rechargeable lantern
- Solar power bank
- Portable power station

👉 **Pro Tip:** Keep one flashlight in each room

4. HEAT & WARMTH

Basic:

- Blankets
- Extra clothing

Upgrade:

- Emergency thermal blankets (Mylar)
- Sleeping bags (cold-rated)
- Hand warmers

👉 Cold can be deadly faster than hunger

5. TOOLS & SURVIVAL GEAR

Must-have:

- Multi-tool or knife
- Lighter + matches
- Duct tape
- Rope / paracord

Advanced:

- Fire starter kit
- Small axe or hatchet
- Whistle (for signaling)

6. MEDICAL & FIRST AID

Basic:

- First aid kit
- Bandages, gauze
- Antiseptic wipes

Important:

- Prescription medications
- Pain relievers
- Gloves

Upgrade:

- Trauma kit (tourniquet, etc.)

7. HYGIENE & SANITATION

- Wet wipes
- Hand sanitizer
- Toilet paper
- Trash bags (very important)
- Feminine hygiene products

👉 Cleanliness prevents infection



8. COMMUNICATION & INFO

- Emergency radio (battery or hand crank)
- Phone charger / power bank
- Written list of contacts

👉 Don't rely only on your phone



9. IMPORTANT DOCUMENTS

Keep copies of:

- ID / passport
- Insurance papers
- Emergency contacts
- Cash (small bills)

👉 Store in waterproof bag



10. GRAB-AND-GO BAG (VERY IMPORTANT)

Put your essentials in:

- Backpack or duffel bag

Include:

- Water
- Food
- Flashlight
- First aid
- Basic tools

👉 This is your **“leave fast” kit**



Important Paper Documents to Have in an Emergency

In any emergency—whether it’s a fire, earthquake, flood, or evacuation—you may need to leave quickly. Having your important documents ready and accessible can save you time, stress, and serious problems later.



1. Personal Identification

Make copies of:

- Driver’s license
- Passport
- Social Security card
- Birth certificates

👉 These are essential for proving identity, travel, and accessing services.



2. Medical Information

- Health insurance cards
- List of medications
- Doctor contact information
- Medical history (important conditions, allergies)

👉 Critical if you need treatment and can’t communicate everything.



3. Financial Documents

- Bank account information
- Credit/debit card copies
- Emergency cash (small bills)
- Tax records (recent)

👉 Helps you access money if systems are down.



4. Property & Insurance

- Home insurance
- Renters insurance
- Property deeds or lease agreements
- Car title and registration

👉 Important for claims after disasters like fire or flooding.



5. Emergency Contacts

- Family members
- Close friends
- Doctors
- Insurance companies

👉 Write them down — don't rely only on your phone.



6. Family & Legal Documents

- Marriage certificate
- Divorce papers
- Custody documents
- Wills or power of attorney

👉 Needed for legal matters during or after emergencies.



7. Pet Documents (if applicable)

- Vaccination records
- Ownership papers
- Vet contact info

👉 Many shelters require proof for pets.

HOW TO STORE THEM (VERY IMPORTANT)

Best setup:

- Waterproof folder or document bag
- Fireproof safe (at home)
- Copies in your emergency go-bag

Bonus:

- Scan and save digital copies (cloud or USB)

SIMPLE RULE

Where to Keep Your Emergency Documents (So You Can Grab Them in 5 Minutes)

If you had to leave your home quickly, you shouldn't be searching for papers. Your documents should be **organized, protected, and easy to grab instantly**.

1. Primary Location (Best Setup)

Waterproof + Fireproof Document Bag or Folder

Keep it:

- In a **main living area** (not hidden deep in storage)
- Somewhere you can reach in seconds

Best places:

- Closet near your front door
- Entryway cabinet or drawer
- Bedroom closet (easy access)

👉 Think: *grab and go*

2. Backup in a “Go-Bag”

Always keep copies in:

👉 **Emergency backpack (bug-out bag)**

Include:

- Copies of ID
- Insurance papers
- Emergency contacts
- Small cash

👉 This way, even if you can't reach your main folder, you still have what you need.

3. Safe Storage (At Home Protection)

👉 **Fireproof safe (secondary protection)**

Use this for:

- Originals of important documents
- Backup storage

⚠️ But:

- Don't rely **ONLY** on the safe
- In emergencies, you may not have time to open it

4. Digital Backup (VERY IMPORTANT)

Scan and save your documents:

- Cloud storage (Google Drive, iCloud, etc.)
- USB drive (keep in your bag)

👉 This protects you if everything physical is lost

SIMPLE SYSTEM (BEST SETUP)

You should have:

1. **Grab Folder (Primary)**
2. **Go-Bag Copies (Backup)**
3. **Digital Copies (Security)**

👉 This is the safest and smartest setup

WHAT TO AVOID

- ✗ Don't scatter documents around the house
- ✗ Don't keep everything in one hidden place
- ✗ Don't rely only on your phone

WHAT YOU MIGHT BE MISSING (IMPORTANT)

1. Keys & Access Copies

People forget this all the time.

Make copies of:

- House keys
- Car keys
- Storage/garage keys

👉 Keep a spare set in your go-bag

2. Medications (CRITICAL)

- At least **3–7 day supply**
- Copy of prescriptions

👉 Pharmacies may be closed or overwhelmed

3. Personal Essentials

- Glasses / contact lenses
- Hearing aids + batteries

👉 These are NOT replaceable quickly

4. Backup Power for Phone

- Power bank (fully charged)
- Charging cables

👉 Your phone = communication + maps + info

5. Cash (VERY IMPORTANT)

- Small bills (\$1, \$5, \$10, \$20)

👉 In emergencies:

- cards may not work
- ATMs may be down

6. Offline Info

- Printed map of your area
- Emergency plan (meeting points, routes)

👉 GPS may fail or networks go down

7. Kids & Pets Needs

If applicable:

- Baby supplies (formula, diapers)
- Pet food + leash + documents

8. Emergency Plan (MOST OVERLOOKED)

Ask yourself:

- Where do we go if we must leave?
- How do we contact each other?
- What's our meeting point?

👉 Supplies without a plan = confusion

9. Clothing Ready to Grab

- Comfortable shoes
- Weather-appropriate clothes
- Jacket

👉 You may leave in whatever you're wearing

10. Small Fire Safety Items

- Fire extinguisher
- Smoke detectors checked

👉 Especially important for house fires

THE REAL DIFFERENCE

Most people focus on:


👉 “what to buy”

But what actually saves you is:


👉 **organization + readiness + access**

FINAL CHECK (VERY POWERFUL)

Ask yourself:

 “*Can I leave my house in 5 minutes and be okay for 3 days?*”

If the answer is yes:

 You're ahead of 95% of people