

Emergency Preparedness Supplies Checklist

- 1) First Aid kit
- 2) Flashlight or headlamp
- 3) Spare batteries
- 4) Starter sticks or logs
- 5) Waterproof/Windproof matches
- 6) Food, beef jerky, candy bars, energy bars, etc
- 7) Cook set & Utensils
- 8) Extra Clothing, socks, gloves, beanie, etc.
- 9) Water or Gatorade
- 10) Sunscreen
- 11) Multi-tool/knife
- 12) Radio
- 13) Compass or GPS
- 14) Candle lantern or candles
- 15) Whistle
- 16) Toiletries
- 17) Space Blanket
- 18) Rope
- 19) Tarp or tent
- 20) Shovel and probe
- 21) Saw
- 22) Mirror or signal flares
- 23) Snow shoes
- 24) Avalanche Beacon
- 25) Metal Cup or similar for melting snow
- 26) 12 hour glow sticks so you save batteries in flashlight
- 27) Hard candy to suck on
- 28) Small bar of soap or wipes
- 29) Chapstick for dry lips