



# Natural Disaster Readiness Checklist

Provided by HealthMarkets

- Food and water to sustain your household for at least 72 hours  
*(rule of thumb: 1 gallon of water per person)*
- National Oceanic and Atmospheric Administration (NOAA) Weather Radio
- Candles and flashlight(s) with extra batteries in the size the flashlight requires
- First aid kit, along with sunblock, feminine hygiene supplies, and prescriptions or other medications required by household members
- Toiletry kit of necessities, such as deodorant, toothbrush, toothpaste, soap, toilet paper, etc.
- Glasses, if household members wear them  
*(maybe stash away an old pair)*
- Whistle (or other signaling device)
- Pocket knife or multitool
- Manual can opener (not electric), if a can opener isn't included on your multitool
- Maps of your area and a compass or GPS with required batteries
- Cell phone, backup battery, and charger
- Chlorine bleach and an eyedropper (Use to make cleaning liquid or treat water to make it safe for drinking.)
- Matches, lighter, or other fire-starting materials with a waterproof storage container
- Simple mess kit or disposable plates, cups, and silverware
- Notebook and writing instrument
- Wrench or pliers (in case you need to turn off utilities)
- Blankets, sleeping bags, or other bedding
- Whistle (or other signaling device)
- Dust mask
- Tarp or plastic sheeting
- Duct Tape
- Pre-moistened cleansing towelettes
- Garbage bags
- Fire extinguisher
- Cash or traveler's checks and change for air machines, vending machines, etc.