**Emergency Supply Kit Checklist**

Start a basic emergency supply kit. Add to it as needed. Adapt it to your unique needs. Include supplies for staying home without water or electricity and supplies for leaving home in a hurry. Store your kit in a dry area that is easy to get to. Review your kit every six months to replace outdated or seasonal supplies.

**Supplies for Staying or Leaving Home**

* Emergency contact information
* Copies of important documents
* Prescription medications and eyeglasses
* Phone charger and battery pack
* Cash or traveler’s checks
* Face coverings
* Whistle to signal for help
* Diapers, wipes, baby food, formula, if needed
* Pet food, supplies, vaccine records, tag, crate, if needed

**Supplies for Staying Home (sheltering in place, quarantining, or isolating)**

* Bottled water (1 gallon per person, per day, for 3 days)
* Canned foods and foods that don’t go bad
* Manual can opener
* Flashlight or lantern with extra batteries
* First aid kit and thermometer
* Radio (battery-powered or hand crank) with extra batteries
* Matches in a waterproof container
* Household cleaner or disinfectant

**Supplies for Leaving Home (evacuating)**

* Change of clothes and sturdy shoes (per person)
* Communication tools, if needed
* Medical equipment, if needed
* Personal hygiene items
* Sleeping bag or blanket (per person)

**Contacts for Our Family**

**Local**

Name:

Phone:

Email:

**Out of State**

Name:

Phone:

Email:

**Meeting Places for Our Family**

Near our home:

Outside our neighborhood:

Mass.gov/BePrepared

**Family Emergency Action Plan**

* Make a contact list for everyone living in your home. Include work, school, and cell phone numbers.
* Pick an out-of-state friend and another who lives near you as your family’s contacts.
* Make an evacuation plan and pick a meeting place for your family near your home and another outside your neighborhood.
* Find out how your children’s schools will handle emergencies. Ask where students will go if evacuated, how the school will notify you, and how you will meet your child.
* Turn on emergency alerts on your phones and devices.
* Review your town/city emergency preparedness plan.
* Start an emergency supply kit. Add to it as needed.

**Important Family Information**

Fill this out for each person living in your home and update as needed. Keep this information in all the places you might need it.

**Name:**

Phone:

Work/school address:

Evacuation location:

Help needed:

Medical information:

**Name:**

Phone:

Work/school address:

Evacuation location:

Help needed:

Medical information:

**Name:**

Phone:

Work/school address:

Evacuation location:

Help needed:

Medical information:

mass.gov/BePrepared