



Extended Power Outages

Items to Keep In Your Home

- Emergency Bag
- Pet Emergency Bag
- Water (7 day supply)
 - One gallon of water per person / per day; more for pets
- Food (7 day supply)
 - Canned soups, tuna, meats, jerky, silken tofu
 - Canned beans & veggies
 - Nut butters & crackers
 - Dried fruit & nuts
 - Instant coffee / tea bags
 - Dry creamer
- Pet Food & Treats
- Battery / Solar Powered / Hand-Crank Radio
- LED Flashlight & LED Candles
- Battery or Solar Operated Lantern & Spare Batteries
- Spare Chargers/Batteries for Medical Devices
- Robust First Aid Kit
 - Instant hot/cold packs
 - Trauma pads, etc.
- Moist Towelettes, Garbage Bags
- Manual Can Opener
- Battery Pack (for phone, tablet)

Personalize Your Supplies

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Keep Your Supplies Updated!

Set calendar reminder to refresh supplies twice each year (suggestion - daylight savings)

Preparing seniors for natural disasters and other emergencies

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