

THE ULTIMATE FAMILY EMERGENCY KIT

BE READY WHEN IT MATTERS MOST



A PRACTICAL GUIDE FOR PROTECTING
YOUR LOVED ONES IN ANY CRISIS

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Family Emergency Kit Checklist

Why You Must Prepare

Disasters don't wait for a convenient time. They strike without warning—displacing families, cutting off utilities, and causing chaos. But when your emergency kit is ready, you're not just surviving, you're leading, protecting, and providing comfort. This guide is your step-by-step blueprint to assembling a comprehensive, affordable, and family-centered emergency supply kit, with tools to get it done in one trip—or over eight manageable days.

Basic Emergency Supplies

- ☐ 1 gallon of water per person per day (minimum 3 days)
- ☐ Non-perishable food (3-day supply per person)
- ☐ Manual can opener
- ☐ Flashlight (with extra batteries)
- ☐ Hand-crank or solar radio
- ☐ Emergency whistle
- ☐ First aid kit (bandages, antiseptic, tweezers, gloves)
- ☐ N95 or KN95 masks
- ☐ Moist towelettes, garbage bags, and plastic ties
- ☐ Multipurpose tool or knife
- ☐ Cell phone car charger or solar charger
- ☐ Extra sets of house and car keys
- ☐ Local maps (paper copies)
- ☐ Duct tape and plastic sheeting (for shelter-in-place)

Documents and Cash

- ☐ Copies of ID (drivers license, passport, etc.)
- ☐ Medical records and insurance policies
- ☐ Emergency contact list

- ☐ Cash in small bills and coins
- ☐ Recent family photo (for ID or reunification)

Clothing & Personal Care

- ☐ 1-2 changes of clothes per person
- ☐ Sturdy shoes or boots
- ☐ Rain ponchos or space blankets
- ☐ Toothbrushes, toothpaste
- ☐ Feminine hygiene supplies
- ☐ Soap, hand sanitizer
- ☐ Prescription glasses/contact lenses
- ☐ Medications (7-day supply minimum)
- ☐ Sunscreen and insect repellent

Infants and Toddlers

- ☐ Diapers and wipes
- ☐ Baby formula and bottles
- ☐ Baby food and snacks
- ☐ Pacifiers or teething toys
- ☐ Blanket and change of clothes

Children

- ☐ Comfort toys or stuffed animals
- ☐ Coloring books and crayons
- ☐ Emergency contact card
- ☐ Child-size masks and clothing
- ☐ ID bracelet or tags

Pets

- ☐ Pet food and water (3-day supply)
- ☐ Leash, harness, or carrier
- ☐ Medications and vaccination records
- ☐ Waste bags and litter supplies
- ☐ Recent photo for identification

Optional but Recommended Additions

- ☐ Fire extinguisher
- ☐ Extra blankets or sleeping bags
- ☐ Portable camp stove with fuel
- ☐ Waterproof/Fireproof container for documents
- ☐ Noise-canceling earplugs (for crowded shelters)
- ☐ Small games, playing cards, or books

Storage and Review Tips

- ☐ Keep one kit at home, one in the car, and a smaller version at work or school
- ☐ Review and update your kit every 6 months (Spring & Fall)
- ☐ Include a note with each kit on the last updated date

Additional Information:

These lists are not all inclusive. They were developed over time from multiple lists that can be found online. The lists below I have used for my Family Emergency Food stock. These lists remain viable today and will provide you and your family with food, beverages, sanitation supplies, and a minimum of equipment for a limited time.

One Stop Shopping List: <https://wp.me/a7NwNC-1V4>

Eight Week Shopping List: <https://wp.me/a7NwNC-1V3>

About the Author

Daniel Kilburn is the founder of Emergency Action Planning, LLC, and a nationally recognized speaker, author, and coach specializing in disaster preparedness and resilience. Drawing on over four decades of leadership and training experience-including service as a U.S. Army Senior Infantry Drill Sergeant and Instructor in the US Army's Noncommissioned Officers Academies. Daniel equips families, businesses, and communities to anticipate, withstand, and recover from emergencies. His expertise blends military precision with real-world compassion, making complex preparedness strategies accessible and actionable for all.

Stay Prepared. Stay Informed. Stay Safe.

For additional resources, training opportunities, or to schedule a consultation, visit the website, scan the QR Code, or reach out directly: daniel@emergencyactionplanning.com.

Together, we can build a future where every family, organization, and community stand ready to face whatever comes next.

