

## Summer Heatwave Emergency Kit Checklist

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This checklist is designed to help families in urban areas prepare for extreme summer heat events as part of their comprehensive emergency kit. Use it to ensure you are ready for blackouts, dehydration, and extreme temperatures.

### Hydration & Cooling

- ☐ Bottled water – at least 1 gallon per person per day (3-day minimum)
- ☐ Electrolyte replacement packets or tablets
- ☐ Cooling towels or bandanas
- ☐ Handheld, battery-operated or solar-powered fan
- ☐ Portable misting spray bottle

### Sun & Heat Protection

- ☐ Broad-spectrum sunscreen (SPF 30 or higher)
- ☐ Wide-brimmed hats for each family member
- ☐ UV-blocking sunglasses
- ☐ Lightweight, light-colored, breathable clothing
- ☐ Umbrella or portable sunshade (for waiting outdoors)

### Power Outage Preparedness

- ☐ Solar or battery-powered lanterns and fans
- ☐ Extra batteries and backup power banks for devices
- ☐ Battery-powered or hand-crank radio for weather updates
- ☐ Cold packs or small cooler (for medication storage if needed)
- ☐ Emergency contact cards in physical format

### Health & Safety

- ☐ Heatstroke response guide (symptoms + what to do)
- ☐ Prescribed medications stored safely (some may need refrigeration)
- ☐ Basic first aid kit including burn ointment and aloe gel
- ☐ Moisturizing lotion for dry or sunburned skin
- ☐ Emergency whistle to signal for help

### Special Populations & Extras

- ☐ Extra water & cooling tools for pets
- ☐ Activity books or small games to keep children calm indoors
- ☐ Printed copy of your family's emergency plan
- ☐ Nearby cooling center locations and hours (printed list)



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