



547 So. Business Hwy. 13
Lexington, MO 64067

(660) 259-4371
FAX: (660) 259-6250

Emergency Kit Checklist

Water

One gallon of water for each person per day, for a minimum of three days. If you have the room, you should store two weeks worth of drinking water for each person. Remember to change your stored water supply every six months.

Canned or Dried Food

Include canned or dried foods that will not spoil. Remember to pack a can opener that does not need electricity.

- Ready-to-eat canned meats, fruit, and vegetables
- Protein and fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Nonperishable, pasteurized milk
- “Comfort” foods like chocolate and candy

Basic Supplies

- Clean clothes and sturdy shoes for each person
- Rain gear
- Coats, hats, and gloves
- Sleeping bags or blankets
- An extra credit card and some money
- Extra set of keys for your car and house
- Battery-powered radio
- Flashlight
- Extra batteries for the radio and flashlight
- Eating supplies such as paper plates, plastic forks and spoons, and napkins
- Tent
- Heavy-duty tape (duct tape, electrical tape)
- Scissors
- Heavy-duty trash bags or plastic sheets
- Matches in a waterproof container
- Paper and pencil
- Needles and thread

Maternal Child Health Program (MCH) ♦ Blood Pressure & Health Screening ♦ Safe Crib and Car Seat Safety Programs
Child Care Health Consultation (CCHC) ♦ Disaster and Emergency Preparedness ♦ Health Education and Community Assessment
School Based Oral Health Preventative Services (Saving Smiles)

- Toilet paper, moistened towelettes
- Liquid detergent
- Soap/deodorant/toothpaste
- Plastic garbage bags with ties
- Household chlorine bleach
- Plastic bucket with tight lid
- Disinfectant
- Prepaid, long-distance calling card
- A whistle to signal for help

Special Items

- Prescription medicine
- Baby supplies such as diapers, formula, bottles
- Feminine hygiene supplies
- Extra eyeglasses or contact lenses including supplies
- Dental supplies
- Entertainment such as books, playing cards, and board games
- Important family documents stored in a waterproof container including identification, insurance information, bank account numbers, and birth certificates
- Pet supplies such as food, water, and identification

First-Aid Kit

- Adhesive bandages in different sizes
- Safety pins
- Soap Antibiotic ointment
- Latex gloves
- Washcloths
- Sunscreen
- Several 2-inch and 4-inch sterile gauze pads
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened Towelettes
- Antiseptic
- Thermometer
- Petroleum jelly
- Aspirin or non-aspirin pain medicine
- Antacid
- Laxative

Public Health ♦ Environmental Public Health Services ♦ Missouri Vital Records: Birth and Death Certificates
 Women, Infants and Children (WIC) Supplemental Food Program ♦ Immunizations ♦ Communicable Disease Surveillance & Assessment
 Maternal Child Health Program (MCH) ♦ Blood Pressure & Health Screening ♦ Safe Crib and Car Seat Safety Programs
 Child Care Health Consultation (CCHC) ♦ Disaster and Emergency Preparedness ♦ Health Education and Community Assessment
 School Based Oral Health Preventative Services (Saving Smiles)

Car supplies

- Road maps
- Tire repair kit and pump
- Jumper cables
- Flares
- Flashlight
- Battery-powered radio
- Extra batteries for the flashlight and radio
- Fire extinguisher
- A gallon of water
- Several cans of food and manual can opener
- A sleeping bag or extra blanket
- Extra money
- First-aid supplies

Public Health ♦ Environmental Public Health Services ♦ Missouri Vital Records: Birth and Death Certificates
Women, Infants and Children (WIC) Supplemental Food Program ♦ Immunizations ♦ Communicable Disease Surveillance & Assessment
Maternal Child Health Program (MCH) ♦ Blood Pressure & Health Screening ♦ Safe Crib and Car Seat Safety Programs
Child Care Health Consultation (CCHC) ♦ Disaster and Emergency Preparedness ♦ Health Education and Community Assessment
School Based Oral Health Preventative Services (Saving Smiles)

*An Equal Opportunity Employer * Services Provided on a Non-Discriminatory Basis*