

Emergency Prep Kit Checklist

It's hard to think clearly during an emergency, and the last thing you want to do is leave something important behind. Use this checklist to gather essential items and prepare today for what might happen tomorrow.

IN CASE OF EMERGENCY, HAVE THESE ITEMS READY

- Food and Water**
A 3-day supply of water and food. Include 1 gallon of water per person per day and non-perishable food items like energy bars, cereal, dried fruit, nuts, peanut butter, and canned meats.
- Utensils**
Eating utensils, plates, cups, bowls, a can opener, and paper towels.
- Clothing**
A change of clothes for each person, rain gear, extra shoes, and waterproof boots.
- Day-to-Day Living Items**
Garbage bags, toilet paper, matches in a waterproof container, a multipurpose tool, dust masks, duct tape, plastic sheeting, Mylar® blankets, a whistle, local maps, and bleach.
- Personal Items**
Toiletries, an extra pair of glasses/contact lenses, tweezers, and nail clippers.
- First Aid Kit**
Sterile gloves and dressings, bandages, soap, antibacterial towels, hand sanitizer, burn ointment, antibiotic ointment, eye wash, and a thermometer.
- Medications**
A 3-day supply of prescription medications, pain relievers, cold and sinus relief, anti-diarrhea medicine, antacids, and laxatives.
- Devices**
A cell phone, a charging cord, a portable charger or battery pack, a hand-crank radio, an LED flashlight with extra batteries, and a headlamp.
- Important Documents**
Copies of birth certificates, driver's licenses, insurance cards, medication lists, medical records, proofs of address, passports, wills, bank records, marriage licenses, adoption papers, and emergency contact lists.
- Cash**
Small denominations and change.

ADDITIONAL ITEMS

- For Babies**
Diapers, baby wipes, baby powder, diaper rash cream, baby wash and lotion, formula, baby food, bottles, bibs, burp rags, pacifiers, teething tablets or gel, and blankets.
- For Seniors**
Medications, hearing aids and batteries, extra eyeglasses, syringes, portable oxygen, mobility supplies, and contact information for doctors and caregivers.
- For Children**
Books, toys, puzzles, crayons, and comfort items.
- Ham Radio Gear**
A handheld, a mobile radio, chargers, extra batteries, antennas, power cords, and a laptop.



ARES® Checklist



IDEAS FOR A HEALTHY ARES GROUP

- Attend Test Sessions**
Many new hams get their license for an opportunity to participate in emergency communications.
- Public Safety**
There are many volunteers in public safety around the country. Many of those individuals would make great ARES volunteers as well. You should always look for opportunities to assist your partners in public safety.
- Professionalism**
Maintaining a professional look, including the ARES logo or other appropriate attire at official events, shows that you are part of a professional volunteer organization. Mannerisms and actions should also be consistent with a business environment.
- Mentoring**
Take time to coach new or potential members. Mistakes can happen — use them as a teaching moment. Remember what it was like to be the “new person.”
- Hamfests**
Take this opportunity to encourage your fellow hams to be active.
- Training**
Train regularly and realistically. An active group will typically have a better volunteer response. Use a combination of classroom and practical training.
- CERT**
If you have a Community Emergency Response Team in your area, have conversations with them. Many of these teams are looking for volunteers and ways for their members to communicate.
- Field Day**
Use events such as ARRL Field Day or Winter Field Day as opportunities for an exercise or drill. Pick one or two areas of the event that you are going to evaluate and work on improving those areas. Treat the event as a real emergency with the opportunity to fix problems.
- Planned Events**
Parades, bike and running races, and other types of planned events make excellent opportunities to train and are a great service to the community.
- Nets**
On-the-air activity provides more opportunity for training and operating practice.

WANT TO GET INVOLVED IN ARES?

- Ask local hams about involvement
- Contact your Section Manager or Section Emergency Coordinator, www.arrl.org/sections
- Join local radio clubs, www.arrl.org/clubs
- Be “radio active” — Get on the air as often as possible
- Attend SKYWARN® training, www.weather.gov/SKYWARN
- Learn more about the Amateur Radio Emergency Service®, www.arrl.org/ares
- Reach out to ARRL for assistance, email ares@arrl.org

