Evacuation Supplies Checklist
From Emergency Evacuations: Get Out Fast When It Matters Most
by Lisa Bedford

Sustenance
All of these foods and beverages are shelf-stable and typically do very well in varying temperatures. Be sure to have a can opener.

☐ MRE’s (heat sensitive)
☐ Energy bars (high calorie)
☐ Almonds and other nuts
☐ V-8 juice
☐ Canned pasta
☐ Ready-to-eat canned meals, such as chili and beef stew
☐ Powdered energy drink mix
☐ Cocoa or hot apple cider mixes
☐ Peanut butter or other nut butter
☐ Jerky
☐ Dried fruit
☐ Canned fruit
☐ Applesauce/fruit cups
☐ Fruit leather
☐ Rice cakes
☐ Pilot bread
☐ Triscuit or other hard cracker
☐ Hard candies
☐ Tuna packs
☐ Cookies
☐ Crackers
☐ Cheese spread in jars
☐ Pudding cups
☐ Instant coffee, if ya just gotta have it!
☐ Packets of dry milk
☐ Breakfast bars
☐ Sunflower seeds
☐ Granola
☐ Shelf stable milk
☐ Just-add-hot-water freeze dried meals
☐ Can opener -- One per family.
☐ Utensils
☐ Small cup and plate per person

Sanitation supplies
☐ Flattened roll of toilet paper or a packet or 2 of tissues
☐ Bar of soap in a plastic box with lid
☐ Feminine hygiene products, if necessary
☐ Wet wipes
☐ Hand sanitizer
☐ Toothbrush
☐ Toothpaste
☐ Change of clothes
☐ Small hand towel
☐ Shampoo
☐ A roll of dog poop bags for waste disposal (or zip-locs!)

Sanity
☐ Small notebook
☐ Pencil and pencil sharpener
☐ Foam ear plugs
☐ Deck of cards
☐ Books on CD
☐ Sharpie marker
☐ Age-appropriate entertainment items
☐ Bible or other inspirational book

Security
☐ Firearm
☐ Loaded magazines
☐ Bear spray
☐ Pepper spray
☐ Emergency phone numbers & addresses
☐ Cell phone charger
☐ Cash – Enough to cover expenses for at least 5 days, including hotel, gas, and food.

Survival
☐ A portable radio -- One per family.
☐ A first aid kit -- A few basics packed in each kit, a larger kit in the family emergency bag
☐ Prescription medication
☐ Over-the-counter medication
☐ Waterproof matches or lighter -- Teens and adults only.
☐ Fire starters
☐ Flashlight or other light source
☐ Extra batteries
☐ Emergency blanket
☐ Rain poncho
☐ Duct tape
☐ Paracord
- Whistle
- Maps of area
- Laminated map of immediate area with marked evacuation routes
- Tarp
- Portable water filter
- Pocket knife and/or multi-tool
- Thumb drive with scanned documents, family photos, and other important information
- Cotton, brimmed hat
- Work gloves
- Hand/foot warmers
- Heavy duty trash bags
- Sun block
- Insect repellent
- Water bottle or canteen (One per person.)