

The Red Cross and CDC recommend you have the following items in your home

Food

- Fresh fruits and vegetables will likely spoil over 14 days, so canned foods that have a long storage life and need little or no cooking are recommended. Meat products, fish or beans, soups, broths and stews, fruits and fruit juices, vegetables, canned (or powdered) milk, are among good supply choices recommended.
- Frozen foods are an option, too. Other recommended foods are peanut butter, jelly, crackers, nuts, trail mix, dried fruits, granola bars, bouillon cubes, and staples like sugar, salt, pepper.
- Have plenty of fluids on hand, such as bottled water and supply of fluids with electrolytes, such as Pedialyte or Gatorade.
- Pet food.

Medical

- A 14-day supply of medicine, at a minimum.
- You may also want over-the-counter pain relievers, antacids, cough and cold medicines, and vitamins.
- Hearing aids and extra batteries.
- Glasses and/or contacts and contact solution.
- Medical supplies like syringes or extra batteries.

Documents

- Contact information for family members, doctors, pharmacies and/or caregivers.
- List of all medications.
- List of allergies to food or medicines.
- Copies of medical insurance cards.
- Copy of photo ID.
- Durable power of attorney and/or medical power of attorney documents, as appropriate.

Supplies

- Ensure you have toothpaste, toilet paper, laundry detergent, hand soap, disinfectant.