

# 6-Month Emergency Supply Checklist

Household Size:	
Prepared By:	
Start Date:	
Target Completion Date:	

## Food Supply

- Rice
- Pasta
- Oatmeal
- Flour
- Beans / Lentils
- Sugar / Honey
- Cooking Oil
- Peanut Butter
- Powdered or Shelf-Stable Milk
- Canned Vegetables
- Canned Fruit
- Canned Meat
- Soups & Stews
- Freeze-Dried Meals
- Protein / Energy Bars
- Manual Can Openers
- Food Storage Containers

## Water & Hydration

- Stored Drinking Water
- Water Storage Containers
- Water Filter or Purification System
- Water Purification Tablets
- Unscented Bleach
- Metal Pot for Boiling Water

## **Household Essentials**

- Toilet Paper
- Paper Towels
- Soap & Body Wash
- Toothpaste & Toothbrushes
- Feminine Hygiene Products
- Diapers / Baby Supplies
- Hand Sanitizer
- Disinfectant Wipes / Spray
- Trash Bags
- Laundry Detergent
- Dish Soap

## **Medical & Health Supplies**

- First Aid Kit
- Prescription Medications
- Pain Relievers
- Cold & Flu Medications
- Thermometer
- Disposable Gloves
- Face Masks / Respirators
- Vitamins & Supplements
- Electrolyte Packets

## **Power & Lighting**

- Portable Generator or Backup Power Source
- Generator Fuel Storage
- Flashlights
- Battery Lanterns
- Extra Batteries
- Solar Chargers or Power Banks
- Extension Cords

## **Heating & Shelter**

- Emergency Blankets
- Sleeping Bags
- Portable Indoor-Safe Heater
- Warm Clothing & Gloves
- Tents or Shelter Setup

## **Emergency Cooking**

- Camp Stove or Cooking Equipment
- Fuel Storage
- Matches / Lighters
- Cooking Pots & Pans
- Cooking Utensils
- Disposable Plates & Utensils

## **Tools & General Supplies**

- Multi-Tool or Survival Knife
- Duct Tape
- Work Gloves
- Rope or Paracord
- Fire Extinguisher
- Basic Tool Kit
- Plastic Sheeting
- Zip Ties

## **Financial & Documents**

- Emergency Cash Reserve
- Copies of Important Documents
- Insurance Information
- Identification Copies
- Medical Records

