

# 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.)