Prepare for Extreme Weather: Food, Water and Supplies Checklist

Food

Keep a food supply that will feed your household for 3 to 7 days. Having a reserve can relieve inconvenience and uncertainty until the storm passes or the power is restored.

- **Buy easy-to-store and easy-to-prepare foods.** Choose foods that don’t need to be refrigerated and require little or no preparation or cooking.
- **Build up your supply by buying a few extra items each week.**

**Plan to prepare familiar foods** to lift morale and give your family a feeling of security in times of stress.

Stock up on easy-to-prepare foods that will provide energy as well as comfort.

- Ready-to-eat packaged/canned food
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juice
- Nonperishable milk such as low-fat evaporated, canned, boxed, or dry milk
- Baby formula and food for small children
- Specialty food for older adult family members or those on special diets
- Pet food

**Bottled Water**

- **Keep enough NYS-certified bottled water to last your family for 3 to 7 days.** This means having 2 gallons per person per day. Bottled water is the best choice for drinking and preparing food if your water is contaminated.
- **Individual needs can vary** depending on age, health, physical condition, activity, diet, and climate. Increase your supply accordingly.
- **Generally, an adult should drink 2 quarts of water per day.** Your clean water will be used for other purposes, which is why extra is recommended.
- **Use a clean container to hold water.**

**Bottled Water in Emergencies**

Contact your health department about bottled water availability.
(www.health.ny.gov/EnvironmentalContacts)

**Supplies**

**Basics**

- Battery-powered or hand crank radio
- Flashlights for each room of the house
- Cell phone and charger
- Battery-powered portable charger
- Extra batteries (for radios, flashlights, portable chargers)
- Candles, or oil lamps and lamp oil
- Matches and lighters
- Cash and credit cards
- Whistle (to signal for help)
- Fuel (for generator, grill, or camp stove)
- Fire extinguisher (canister “ABC” type)
- Liquid unscented chlorine bleach with no soaps or additives (for water disinfection and cleanup)
- Manual can opener
Health & Hygiene
- First aid kit: sterile gloves, bandages, gauze pads, antiseptic, antibiotic ointment, burn ointment, adhesive bandages, tweezers, scissors, anti-itch cream or gel, oral thermometer
- Prescription and non-prescription medicines: pain reliever, anti-diarrheal medication, antacid, laxative, etc.
- Toilet paper and tissues
- Pre-moistened hand wipes or towelettes
- Hand sanitizer
- Toothbrush, toothpaste, deodorant, feminine hygiene supplies, body soap
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses
- Baby supplies: disposable diapers, baby wipes, diaper rash ointment
- Portable toilet, like those used for camping

Household Info & Supplies
- Bank safe-deposit box for important papers and valuables
- Waterproof container for in-home storage of papers and valuables
- Electronic backup, portable storage devices for valuable information
- Disposable silverware, paper towels, napkins, plates
- Plastic bags: zip seal
- Appliance thermometers
- Block ice, frozen water containers
- Sleeping bag or warm blanket and pillow for each person

Cleaning Supplies
- Disposable N95 dust masks
- Rubber gloves
- Broom and dustpan
- Mop and buckets
- Rags
- Paper towels
- Heavy duty garbage bags

Emergency Car Prep
- Full gas tank
- Jumper cables
- Toolkit: pliers, wrench, screwdriver
- Shovel and ice scraper/snow brush in the winter
- Cat litter or sand (to assist if stuck in the snow or to weigh down the back end of the car)
- Flashlight with extra batteries
- First aid kit
- Blankets/sleeping bags
- Water
- Snacks
- Hats, mittens, boots
- Extra clothing
- Rain gear
- Matches or lighter
- Cell phone, charger with car adapter, portable charger with extra batteries if needed
- Fluorescent distress flag
- Battery-powered or hand crank radio
- Map of your area
- Compass

Pets
- ID, collar, leash
- Food and water, food and water dishes
- Crate and carrying cases
- Current photos and medical records (shots should be up to date)
- Pet supplies for bedding and waste
Emergency Phone Numbers

Your Health Department (Find yours at www.health.ny.gov/EnvironmentalContacts and write it down before an emergency)

Gas/Electric Companies

Water Department or Company

Hospital

Police Department

Fire Department

Family Physicians

Pharmacy

Medical Insurance Company

Homeowners’/Rental Insurance

Emergency Contact(s)

NYSDEC Spill Reporting Hotline 800-457-7362

Others