



Emergency Kit Inventory

Check what you have and what you're missing. Tick the box when you have it, and note the quantity, shelf life and storage location. Review every 6 months.

✓	ITEM	QUANTITY	SHELF LIFE / CHECK	STORAGE LOCATION
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1. Water

- Drinking water: **3 litres per person per day** (at least 72 hrs)
- Jerry cans or bottles for storage
- Purification tablets / bleach suitable for treating drinking water
- Portable water filter (e.g. LifeStraw)
- Water bottle with a filter for emergencies

2. Food

- Canned goods (legumes, fish, vegetables) — ready to eat
- High-energy foods (nuts, bars, chocolate)
- Manual can opener
- Long-life emergency rations (e.g. NRG-5)

3. Power and lighting

- Flashlight (at least one per person)
- Spare batteries in the sizes you use
- Charged power bank for your phone
- Candles and a lighter or matches in a waterproof bag
- Hand-crank flashlight with a solar panel
- Pack of AA batteries

4. Communication

- Battery or hand-crank radio to hear official alerts
- List of important phone numbers **on paper** (family, emergency line 911)
- Whistle to draw attention
- Solar / hand-crank emergency radio

5. First aid kit and medications

- Basic first aid kit (bandages, gauze, plasters, antiseptic, scissors)
- Each family member's regular medications (with a reserve)
- Masks and gloves
- Tested first aid kit

6. Warmth and shelter

- Emergency blankets (foil blankets)
- Warm clothing and a change of clothes per person
- Sleeping bag or thick blanket
- Set of emergency foil blankets

7. Documents and money

- Copies of ID, passport and insurance in a **waterproof bag**
- Copy of immunization records and prescriptions
- Cash in **small bills** (ATMs may not work)

8. Hygiene

- Toilet paper and tissues
- Hand sanitizer gel
- Tear-resistant garbage bags
- Personal care products (soap, pads, diapers if needed)

Work out exactly how much you need

The planner tells you what and how much to buy — based on the number of people and days.

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The quantities in this list are for guidance only. To find out exactly what and how much you need based on the number of people and days, use the planner at planorefugio.com.