

# 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.

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

## 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](http://www.health.ny.gov/EnvironmentalContacts))

## Supplies

### Basics

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|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Battery-powered or hand crank radio                          | <input type="checkbox"/> Cash and credit cards                                                                            |
| <input type="checkbox"/> Flashlights for each room of the house                       | <input type="checkbox"/> Whistle (to signal for help)                                                                     |
| <input type="checkbox"/> Cell phone and charger                                       | <input type="checkbox"/> Fuel (for generator, grill, or camp stove)                                                       |
| <input type="checkbox"/> Battery-powered portable charger                             | <input type="checkbox"/> Fire extinguisher (canister "ABC" type)                                                          |
| <input type="checkbox"/> Extra batteries (for radios, flashlights, portable chargers) | <input type="checkbox"/> Liquid unscented chlorine bleach with no soaps or additives (for water disinfection and cleanup) |
| <input type="checkbox"/> Candles, or oil lamps and lamp oil                           | <input type="checkbox"/> Manual can opener                                                                                |
| <input type="checkbox"/> Matches and lighters                                         |                                                                                                                           |

## 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

## Tools

- Rope
- Shovel
- Hammer and nails
- Adjustable wrench to turn off water or gas
- Utility knife
- Work gloves
- Duct tape
- Electrical tape

## 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](http://www.health.ny.gov/EnvironmentalContacts) and write it down before an emergency)

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Gas/Electric Companies \_\_\_\_\_

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Water Department or Company \_\_\_\_\_

Hospital \_\_\_\_\_

Police Department \_\_\_\_\_

Fire Department \_\_\_\_\_

Family Physicians \_\_\_\_\_

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Pharmacy \_\_\_\_\_

Medical Insurance Company \_\_\_\_\_

Homeowners'/Rental Insurance \_\_\_\_\_

Emergency Contact(s) \_\_\_\_\_

NYSDEC Spill Reporting Hotline 800-457-7362 \_\_\_\_\_

Others \_\_\_\_\_

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Department  
of Health