Food and Water

- Canned goods (beans, vegetables, meats)
- Non-perishable snacks (granola bars, trail mix)
- MREs (Meals Ready-to-Eat)
- Powdered milk or protein powder
- Bottled water (1 gallon per person per day)
- Portable stove or hot plate

Flashlights and Lighting

- Battery-powered LED flashlights
- Headlamps
- Extra batteries
- Lantern or backup lighting

Medical Supplies

- First aid kit (bandages, antiseptic, gauze)
- Pain relievers (aspirin, ibuprofen)
- Anti-itch cream or ointments
- Prescription medications
- Spare eyeglasses or contacts

Personal Items

- Change of clothes for each person
- Toiletries and hygiene products
- Baby supplies if needed
- Phone charger or backup battery
- Battery-powered or crank weather radio

Important Documents

- IDs (Driver?s license, Social Security card)

- Insurance and medical records
- Cash (small bills)
- Credit/debit card copies

Useful Tools

- Duct tape
- Multi-tool or knife
- Screwdriver and pliers
- Hammer and small saw
- Paracord or rope
- Shovel and crowbar
- Super glue