



## CHECKLIST

PREPARE YOUR EMERGENCY KIT



**Drinking water**  
(3 liters/ day/  
person, for 72  
hours)



**Non-perishable food** that requires no cooking



**Hygiene kit**  
(toothbrush,  
toothpaste,  
soap/shampoo, etc.)



**First aid kit**



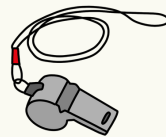
**Medications,**  
prescriptions, etc.



**Mosquito net**  
and emergency  
blanket



**Appropriate masks** to  
protect yourself in the event  
of a volcanic eruption or a  
public health emergency



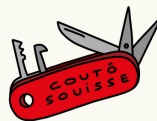
**Whistle or  
glow stick**



A battery-powered,  
hand-crank, or solar-  
powered **radio**



A **flashlight** with spare  
batteries, and a lighter or  
matches.



**Basic  
tools**



A **waterproof pouch**  
containing copies of  
essential documents,  
spare keys (for your  
vehicle and home), and  
cash.



**Spare  
clothes**



**Games, books,  
notebooks, etc.**