

EMERGENCY KIT CHECKLIST



FOOD & WATER

- Drinking water
 - Canned foods and supplements
- Even if you can't fit it all into your grab bag, it is recommended that you keep 9L of water and 3 days of food per person in stock in case of prolonged emergencies.

ELECTRONIC ITEMS

- Mobile charger
- Flashlights
- Extra batteries
- Portable radio

LIFE

- Cutlery, can openers, and bottle openers
- Lighters, matches, and candles
- Plastic bags
- Thermal insulating sheet

HEALTH

- Toothbrush
- Oral hygiene products
- Dental rinse
- Medicine
- Towels
- Masks
- Tissues, wet-wipes
- Baby supplies
- Clothing for cold and warm weather
- Rainwear

SAFETY GEAR

- Helmets
- First Aid kit
- Work gloves

VALUABLES

- Copy of bankbook, health insurance card
- Cash
- Copy of Passport/ Resident Card