MERET | Minnesota Emergency Readiness Education & Training

Master Emergency Supplies List

Check each item you need in this column.

When you have the item, check it off here.

Identify the items that should be stored in your Go Kit.

Food & Water	I need this item	I have this item	Put in my Go kit
Water (1 gallon per person per day)	❑	❑	❑
Canned food: meats, beans, vegetables, fruit, soups, sauces	❑	❑	❑
Dried food: potatoes, vegetables, fruit, pasta, rice, cereal, milk	❑	❑	❑
Frozen food: meats, vegetables, fruit, pizza	❑	❑	❑
Beverages bottled/canned/boxed: juices, water, soda, etc. coffee/tea	❑	❑	❑
Staples: sugar, salt, pepper, spices	❑	❑	❑
High energy food: peanut butter, jelly, low-sodium crackers, granola bars, trail mix	❑	❑	❑
Cookies, hard candy	❑	❑	❑
Special foods for infants or persons on special diets	❑	❑	❑
Other	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑

Kitchen Items	I need this item	I have this item	Put in my Go kit
Manual can opener	❑	❑	❑
All-purpose knife	❑	❑	❑
Mess kits or paper plates, cups, bowls & eating utensils	❑	❑	❑
Re-sealable plastic bags	❑	❑	❑
Aluminum foil, plastic wrap	❑	❑	❑
Towels & paper towels	❑	❑	❑
Small cooking stove with fuel	❑	❑	❑
Household chlorine bleach to treat drinking water	❑	❑	❑
Pots & pans	❑	❑	❑
Other	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
Clothing & Misc.			
Complete change of clothes	❑	❑	❑
Sturdy shoes or boots	❑	❑	❑
Rain gear	❑	❑	❑
Hat & gloves	❑	❑	❑
Extra socks & underwear	❑	❑	❑
Thermal underwear	❑	❑	❑
Sunglasses	❑	❑	❑
Blankets/sleeping bags	❑	❑	❑
Pillows	❑	❑	❑
Towels	❑	❑	❑
Games/cards	❑	❑	❑
Books	❑	❑	❑
Toys for children	❑	❑	❑
Other	❑	❑	❑
	❑	❑	❑
	❑	❑	❑

Personal Care & Sanitation	I need this item	I have this item	Put in my Go kit
Toothbrush & toothpaste	❑	❑	❑
Shampoo/comb/brush	❑	❑	❑
Sunscreen/lip balm	❑	❑	❑
Insect repellent	❑	❑	❑
Lotion/creams	❑	❑	❑
Deodorants	❑	❑	❑
Razor, shaving cream	❑	❑	❑
Feminine supplies	❑	❑	❑
Towelettes	❑	❑	❑
Hand sanitizer	❑	❑	❑
Disinfectant/bleach	❑	❑	❑
Toilet paper	❑	❑	❑
Plastic bags for sanitation	❑	❑	❑
Soap	❑	❑	❑
Medium sized bucket/lid	❑	❑	❑
Diapers	❑	❑	❑
Tissues	❑	❑	❑
Extra eyeglasses	❑	❑	❑
Contact lenses & solution	❑	❑	❑
Hearing aids & batteries	❑	❑	❑
Hand sanitizer	❑	❑	❑
Other	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
Pet Supplies			
Leash	❑	❑	❑
Food	❑	❑	❑
Pet carrier	❑	❑	❑
Other	❑	❑	❑
	❑	❑	❑

First Aid	I need this item	I have this item	Put in my Go kit
Thermometer	❑	❑	❑
Pain reliever/fever reducer for adults: Acetaminophen, ibuprophen or aspirin	❑	❑	❑
Pain Reliever/fever reducer for children: Acetaminophen, ibuprophen, liquid or chewable	❑	❑	❑
Antacid	❑	❑	❑
Laxative	❑	❑	❑
Anti-diarrhea medication	❑	❑	❑
Prescription medication	❑	❑	❑
First Aid Kit & manual	❑	❑	❑
Adhesive bandages	❑	❑	❑
Large sterile dressing	❑	❑	❑
Sterile gauze	❑	❑	❑
Triangular bandage	❑	❑	❑
Disposable gloves	❑	❑	❑
Surgical masks	❑	❑	❑
Cold pack	❑	❑	❑
Adhesive tape	❑	❑	❑
Antiseptic towelettes	❑	❑	❑
Antiseptic ointment	❑	❑	❑
CPR breathing barrier	❑	❑	❑
Scissors	❑	❑	❑
Tweezers	❑	❑	❑
Thermal emergency blanket	❑	❑	❑
Pre-mixed electrolyte solution (like Pedialyte)	❑	❑	❑
Sugar, baking soda, salt, & salt substitute for oral rehydration solution	❑	❑	❑
Other	❑	❑	❑
	❑	❑	❑

Equipment	I need this item	I have this item	Put in my Go kit
Portable radio with extra batteries	❑	❑	❑
NOAA weather radio	❑	❑	❑
Flashlight with extra batteries	❑	❑	❑
Matches in a waterproof container	❑	❑	❑
Lantern	❑	❑	❑
Candles	❑	❑	❑
Light sticks	❑	❑	❑
Pocket knife	❑	❑	❑
Scissors	❑	❑	❑
Wrench to shut off gas & water	❑	❑	❑
Pliers	❑	❑	❑
Screwdrivers	❑	❑	❑
Shovel	❑	❑	❑
Signal flare	❑	❑	❑
Rope/ String	❑	❑	❑
Duct tape	❑	❑	❑
Plastic sheeting (heavy duty)	❑	❑	❑
Whistle	❑	❑	❑
ABC-type fire extinguisher	❑	❑	❑
Tube tent	❑	❑	❑
Compass	❑	❑	❑
Work gloves	❑	❑	❑
Paper, pens & pencils	❑	❑	❑
Needle & thread	❑	❑	❑
Travel alarm clock	❑	❑	❑
Other	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑

Put all of these items in your Go Kit

ID, Keys, Cash, Maps, etc.	I need this item	I have this item	Put in my Go kit
Personal identification	❑	❑	❑
Emergency contacts with phone #'s	❑	❑	❑
Cash & coins	❑	❑	❑
Credit/ATM cards	❑	❑	❑
Extra set of house & car keys	❑	❑	❑
Maps of the area	❑	❑	❑
Copies of Documents			
Driver's license	❑	❑	❑
Social Security cards	❑	❑	❑
Passports	❑	❑	❑
Birth certificate	❑	❑	❑
Divorce Settlement	❑	❑	❑
Adoption Certificate	❑	❑	❑
Naturalization Records	❑	❑	❑
Armed Forces Service Records	❑	❑	❑
Diplomas	❑	❑	❑
Wills	❑	❑	❑
Deeds	❑	❑	❑
Inventory of household goods	❑	❑	❑
Insurance papers	❑	❑	❑
Immunizations records	❑	❑	❑
Pet immunization records	❑	❑	❑
Bank, credit card, & personal finance account numbers	❑	❑	❑
Other	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑
	❑	❑	❑