



Emergency Preparedness Checklist

***Check out the City of Raleigh's *Ready Raleigh Guide* for more!**

Build a Kit to Be Prepared for Emergencies

Keeping an emergency preparedness kit in your home can help your household be ready for a variety of emergencies. An emergency kit should provide supplies for your household **for at least three days without power, other utilities like water, and communication networks**. You can keep these supplies in a sturdy bag or plastic tote depending on you or your family's needs. You may put items in individual bags for each person. Rethink your needs every year and update your kit as your family's needs change and to check for expired items. Remember, the first 72 hours are on you! It may take 72 hours for emergency personnel to reach you; roads may be closed, and grocery stores may be inaccessible, so make sure you have what you need at home or with you at an emergency shelter. Below are some kit items to get you started, and we suggest you tailor this to you or your family's unique needs.

Emergency Supplies

- Flashlight
- Extra batteries
- First aid kit
- Sanitation supplies - hand sanitizer, garbage bags, moist towelettes, plastic ties
- Manual can opener
- Whistle - to signal for help
- Dust masks - in case of air contamination
- Food - Keep at least a three-day supply of non-perishable (canned or boxed) food
- Water - Keep one gallon of water per person per day for drinking and sanitation
- Battery powered or crank weather radio - NOAA Weather Radio All Hazards is a nationwide network of radio stations
- Necessary prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lens solution
- Sleeping bag or warm blanket for each person
- Change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Personal hygiene items such as soap, toothbrush, toothpaste, feminine hygiene products, etc.
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Maps in case of evacuation – have a printed copy as cellphone networks may be down

For Kids

- Infant formula, bottles, diapers, wipes, diaper rash cream, pacifiers, portable crib, hygiene items, medicine
- Books, games, puzzles or other activities for children
- Blankets and stuffed animals for comfort
- Earplugs to block storm noises
- Car seats for evacuations
- Helmet (in case of tornado)

For Pets

- Pet food and extra water for your pet
- Pet leash and crate
- Waste bags or litter
- Identification tags/collars
- Medical records and vaccinations, any needed medicine
- Comfort items like toys, storm jackets, and blankets

Documents

It is also a good idea to keep copies of important documents in your emergency kit. Keeping them handy will ensure they stay with you in case you need to evacuate your home. Additionally, saving digital copies in a secure and password-protected cloud server or other secure location will ensure you can access them in case items in your home are damaged or destroyed.

- Copies of identification
- Driver's licenses
- Birth certificates
- Passport
- Social security cards
- Copies of insurance policies
- Renters/homeowners insurance
- Medical/dental/prescription insurance cards
- Financial statements and bank account records (contact information, account numbers and online login information)
- Mortgage records
- Car loans
- Retirement accounts
- Utility accounts
- Credit cards
- Brokerage firms
- Student and other loans
- Legal documents
- Car registration and title
- Property deeds
- Wills
- Health-care proxy and/or power of attorney
- Home inventory including receipts or appraisals for major purchase
- Cash or traveler's checks

- ___ Utility account information
- ___ Account numbers and online login information

The Power of Social Cohesion

Get to know your community and have conversations about how you can help your neighbors/community in an emergency and how they can help you.

Below are a few ideas to discuss preparedness with your neighbors/friends/coworkers/etc.

Ask each other what you might need help with, and what you can do for each other in a potential emergency situation. Here are a few discussion topic suggestions to get you started:

- Would anyone need help getting out of their house, or with transportation for an evacuation?
- Would anyone need help with kids or pets?
- Would anyone need help keeping medicine/or other needed products cold if the power goes out?
- Can people who are good connectors be designated to call or check on their neighbors to see how everyone is doing?
- Is there a safe space/home in your neighborhood or community where people can gather in different types of emergencies (i.e.: a tornado vs. a hurricane vs. a heat wave, etc.).
- Do you have resources you can share with each other (such as tools for cutting down downed trees, a generator/solar/battery storage to help recharge phones or equipment during long power outages, a garden with food to share, etc.).
- You can consider making a group plan in your neighborhood where each person/family/group volunteers to prepare specific item(s) or services/support that they will contribute and offer to their community in times of need.

Don't just wait for an emergency- build community every day! NOTE: Building relationships and having these discussions are not just beneficial for emergency situations. Getting to know your community and neighbors and building connections to help each other in everyday situations is an important way to build up everyday resilience for you and your community and can enhance everyone's quality of life.

Other Resources

Ready Raleigh Emergency Preparedness Guide and Resources

Visit <https://raleighnc.gov/safety/services/emergency-preparedness-ready-raleigh-guide/ready-raleigh-guide-workbook> to see the whole Ready Raleigh Emergency Preparedness Guide and how to prepare for a variety of threats including heat, hurricanes, fires, floods, and more.

For more information on building an emergency kit go to: www.ready.gov/kit

Sustainable Neighborhood Toolkit

The Sustainable Neighborhood Toolkit is a collection of resources for neighborhoods and residents to become leaders in sustainable action in their communities. It includes options for anyone: from people who want to make individual improvements to their lives, to options for community leaders who want to enact change in their local communities and neighborhoods.

<https://raleighnc.gov/climate-action-and-sustainability/services/sustainable-neighborhood-toolkit>

NOTE: You could apply for Raleigh's [Neighborhood Climate Action Fund](#) to organize an emergency planning and kit-packing party event in your local community.

Sustainable Business Toolkit

The Sustainable Business Toolkit is a collection of resources and support options for Raleigh businesses, nonprofits, and other organizations. Conveniently, the resources have been organized into different sectors that are important aspects of sustainability and high impact climate actions. There are options for building improvements, transportation options, energy, water, waste and cost-saving methods, stormwater and water quality recognition, and community engagement.

<https://raleighnc.gov/climate-action-and-sustainability/sustainable-business-toolkit>

Raleigh's Community Climate Action Plan

To learn more about Raleigh's award-winning Climate Action Plan and check out all the ways you could get involved in taking climate action, check out the Community Climate Action Plan (CCAP), the CCAP Implementation reports, and the data dashboards where we track our progress.

[Community Climate Action Plan | Raleighnc.gov](#)