



**St. John Ambulance**

**SAVING LIVES**  
at work, home and play



## PERSONALIZE YOUR EMERGENCY KIT

<b>Name:</b>		<b>Date Prepared:</b>	
<b>Address:</b>			

Customizing your emergency kit to suit your family's personal needs is also essential to making it through an emergency, so once you've gathered the basic components, you can move on to personalizing your kit. Use this list to help get you started.

Food and Water	<input type="checkbox"/> Special dietary needs	<input type="checkbox"/> _____
	<input type="checkbox"/> Baby formula/food	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
Communication	<input type="checkbox"/> Cell phone charger	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
Warmth and Clothing	<input type="checkbox"/> Change of clothing	<input type="checkbox"/> _____
	<input type="checkbox"/> Comfortable shoes	<input type="checkbox"/> _____
Personal Items	<input type="checkbox"/> Prescription medication	<input type="checkbox"/> Multivitamins
	<input type="checkbox"/> Eyewear and related care items	<input type="checkbox"/> Comfort items
	<input type="checkbox"/> Painkillers/anti-inflammatories	<input type="checkbox"/> Games and books
	<input type="checkbox"/> Anti-nausea and anti-diarrhea meds	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
Sanitation and Hygiene	<input type="checkbox"/> Toilet paper	<input type="checkbox"/> Deodorant
	<input type="checkbox"/> Feminine hygiene products	<input type="checkbox"/> Garbage bags
	<input type="checkbox"/> Baby supplies	<input type="checkbox"/> _____
	<input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> _____
	<input type="checkbox"/> Sunscreen	<input type="checkbox"/> _____
Tools and Hardware	<input type="checkbox"/> Needle and thread	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____