

Dr. Ralph's Emergency Preparedness Closet

What will you need to stay healthy and secure during a shelter-in-place emergency?

1. Soaps for washing, toilet paper, diapers, and other personal hygiene items, including toothpaste, wipes, and hand sanitizer
2. Extra pharmaceuticals (at least a 3-day supply of prescription drugs) and OTC medical products in case of illness
3. Batteries
4. Emergency cash
5. Candles and matches/lighters (for lighting candles or igniting charcoal fires to cook food on a grill or camp stove)
6. Emergency neighborhood directory (for nearby emergency resources when cell phone/internet service fails)
7. At least 3 weeks' worth of emergency food per person, such as canned, freeze-dried, and vacuum-packed items with long shelf lives (including comfort foods that the family enjoys and that provide high calorie benefit and nutrition)
8. Manual can opener
9. Bottles or jugs of fresh water for drinking (at least a 3-day supply for each person and pet; each needs 1 gallon per day). Observe expiration dates for store-bought water and replace stored household tap water every 6 months
10. Camp stove and fuel for cooking (to be used outdoors only)
11. Battery-operated/hand-crank radio for accessing news/weather reports
12. Pet food (at least 3 days' worth per pet)
13. Portable solar power strips to charge cell phones and other small devices.
14. Plastic products (garbage bags, re-sealable bags)
15. Unscented, non-splashless chlorine bleach for [emergency drinking water disinfection](#) when stored water is depleted. Also use bleach on contaminated surfaces, such as food prep and diaper changing areas and damp places where mold has grown. Store on lowest shelf in case of leakage
16. First aid kit

