



### Items to have on hand for an extended stay at home:

Examples of food and nonperishables	Examples of medical, health, and emergency supplies
<ul style="list-style-type: none"><li><input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups</li><li><input type="checkbox"/> Protein or fruit bars</li><li><input type="checkbox"/> Dry cereal or granola</li><li><input type="checkbox"/> Peanut butter or nuts</li><li><input type="checkbox"/> Dried fruit</li><li><input type="checkbox"/> Crackers</li><li><input type="checkbox"/> Canned juices</li><li><input type="checkbox"/> Bottled water</li><li><input type="checkbox"/> Canned or jarred baby food and formula</li><li><input type="checkbox"/> Pet food</li><li><input type="checkbox"/> Other nonperishable foods</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Prescribed medical supplies such as glucose and blood pressure monitoring equipment</li><li><input type="checkbox"/> Soap and water, and alcohol-based (60% to 95%) hand wash</li><li><input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen</li><li><input type="checkbox"/> Thermometer</li><li><input type="checkbox"/> Antidiarrheal medication</li><li><input type="checkbox"/> Vitamins</li><li><input type="checkbox"/> Fluids with electrolytes</li><li><input type="checkbox"/> Cleansing agent/soap</li><li><input type="checkbox"/> Flashlight</li><li><input type="checkbox"/> Batteries</li><li><input type="checkbox"/> Portable radio</li><li><input type="checkbox"/> Manual can opener</li><li><input type="checkbox"/> Garbage bags</li><li><input type="checkbox"/> Tissues, toilet paper, and disposable diapers</li></ul>

*For additional ideas and suggestions, consult your local Red Cross chapter.*

