

**Clothing:**

Shirts: 3 short & 1 long sleeve  
Pants: 2 pairs  
Underwear: 3 pairs  
Socks: 4-5 pairs  
Bras/sports bras  
PJs & Loungewear  
Long Sleeve Button Up  
Sweatshirt/Hoodie  
Sweater/Jacket  
Hats: Baseball cap/Beanie  
Swimsuit/Swim shorts  
Rain Jacket/Poncho  
Tennis Shoes  
Sandals  
Slippers

**Medicines:**

Personal Medications  
Allergy  
Cold/Flu  
Vitamins  
Advil/Tylenol (adult & kids)  
Pepto/Pepcid AC  
Cough Drops  
Nausea/Unisom Tablets  
Epipens  
Aspirin/Ibuprofen  
Midol/Pamprin

**Quick reach essentials:**

Hand Sanitizer  
Anti-Bacterial Hand Wipes  
Masks 3-5  
Chapstick  
Water bottle  
Flashlight  
Phone charging cord  
Cash: small & big bills  
Gift Cards: Dining, Visa, Phone, Grocery,  
Gas, CVS, Target, Walmart  
3x5 card listing:  
    Current Medications  
    Medical Allergies

**Toiletries:**

Hair brush/combs  
Hair ties/headbands  
Travel Shampoo & Conditioner  
Travel Toothbrush & paste  
Travel mouthwash & floss/flossers  
Body towel & face towel  
Body wash cloth & loofa  
Body wash & fash wash  
Body lotion & face lotion  
Shaver & shaving gel  
Finger and toe nail clippers & file  
Chapstick  
A roll of toilet paper  
Tissue paper  
Ziploc bags (gallon size)  
Hand & face wipes  
Body/baby wipes  
Flushable wipes  
Sunscreen: Face & body  
Feminine supplies  
Travel makeup & makeup remover  
Travel Q-tips  
Deodorant  
Cotton pads  
Contact lenses  
Contact lens solution  
Clear nail polish

**Documents/Copies:** (Keep in a waterproof and secure location)

License  
HS Diploma  
Degrees  
Marriage license  
Mortgage  
Car Title  
Wills  
Insurance policies  
Immunization records  
Passport

**First aid Kit:**

Band Aids: Hand & Finger  
Band Aids: Toe & Knuckle  
Butterfly Bandages  
Moleskin  
Antibiotics creams/spray  
Burn cream  
Numbing creams/spray  
Gauze pads: Small and large  
Gauze roll  
Gloves: 5 Pairs  
Medical tape  
Instant Ice packs  
Medical Scissors  
Heat packs  
Safety pins  
Ankle wrap  
Antiseptic wipes  
Medical masks  
Gold bond foot powder  
Popsicle sticks  
Bug Spray  
Emergency blanket  
Sling  
Caladryl  
Saline nasal spray  
Eye drops  
Empty spray bottle  
Tweezers  
Alcohol towelettes  
Finger & Toe nail clippers  
Hand lotion/hand balm  
Lip balm/vaseline  
Steri-strips  
Thermometer  
Emergency blanket  
Handkerchiefs  
First Aid Guide

**Food & Water:**

Snacks & Candy  
Beef Jerky/Protein bars  
Fruit leather/dry fruits  
Gum: sugar & sugar free  
Freeze dried food/snacks  
Instant-Cook Emergency Food  
Cash & Gift cards: Fast food  
Camping pot & pan  
Camping bowl, cup & plate  
Personal utensils  
Spatula & stirring spoon  
Aluminum foil  
Dishing spoon/cup  
Knife/knives  
Can Opener  
Mini stainless steel cooking sheet  
Seasoning: salt & pepper  
1 Gallon per day/per person  
Water purification/filtration:  
    Drops & tablets  
    Life Straw  
    2 personal water bottles/canteens  
    Camelbak hydration pack/vest/belt  
    Collapsible water containers:  
    Collapsible water container w/ spigot  
    Collapsible water jugs  
    Collapsible bucket with handles & lid  
    Foldable water bottle

**Bedding:**

Travel Pillow/Neck Pillow  
Blanket/Sleeping bag  
Sleeping pad/foam  
Sleeping Mask  
Melatonin (Sleeping meds)  
Ear plugs  
Sleeping socks

**Misc:**

Phone charging cord  
Solar battery  
Headphones  
Lighter/waterproof matches  
Flint & steel w/ tinder  
Glow-in-the-dark sticks  
Reading glasses  
Sunglasses  
Pen & notebook  
Small tool kit/Leatherman  
Small tool kit  
Sewing kit  
Scissors  
Patches  
Handkerchiefs (3-4)  
Work gloves  
Whistle  
Rope/Parachute cord  
Small shovel  
Tarp  
Brightly colored flag  
Car oil  
Pack of cards  
Travel games  
Books: coloring & reading  
Coloring pencils/markers  
Personal hobby supplies  
Name tags  
Laser pointer  
Compass  
Battery powered radio  
Walkie Talkie  
Bucket  
Road Atlas

**Children & Elderly needs:**

Device charging cords  
Battery packs  
Phone stand & iPad holder  
Video game/iTunes gift cards  
Headphones  
Extra readers glasses  
Diapers/Disposable underwear  
Baby/Adult Wipes  
Name tags  
Canes/Walkers  
Stroller  
Books: children, riddle books, Crossword  
& coloring books  
Comfort/familiar toys  
Favorite/soft snacks  
Crackers  
Gum  
Unopened toys/toy budget  
Hats & umbrellas  
Battery operated fans  
Walkie Talkies  
GPS/Airtags  
Cash: small bills  
Bucket  
Small pillow  
Travel Blanket  
Solar charger  
Chair cushion