Items for an Extended Stay at Home

• Non-Perishable Foods
Ready to eat canned foods
Protein or fruit bars
Dry cereal or granola
Peanut butter and jelly
Dried fruit, nuts, and trail mix
Crackers
Canned juices
Bottled water
Canned or jarred baby food
Baby Formula
Pet food

• Health and Emergency Supplies
Prescribed medical supplies such as glucose and blood pressure monitoring
Soap and water or alcohol based hand wash
Medicines for fever such as acetaminophen or ibuprofen
Thermometer
Vitamins
Fluids with electrolytes, such as Pedialyte®
Flashlight with extra batteries
Portable radio with extra batteries
Manual can opener
Garbage bags
Tissues
Toilet paper
Disposable diapers
Pet supplies

We recommend that every family create a disaster kit for use during an emergency. Please visit www.readyillinois.gov or contact your local public health department for more information.