

Emergency Kit Shopping List – Hygiene and Comfort Items (Sheet 1 of 3)

✓	ITEM DESCRIPTION	QUANTITY	BIN #
	Toilet Paper	6 Rolls	
	Paper Towels	1 Roll	
	Paper Napkins	1 Small Package (at least 100)	
	Disposable Plates	At Least 50	
	Heavy Duty Disposable Bowls (for Hot Items)	At Least 50	
	Disposable Drinking Cups (for Cold Items)	At Least 50	
	Disposable Drinking Cups (for Hot Items)	At Least 24	
	Disposable Cutlery (Forks, Knives, Spoons)	At Least 50 of Each Piece	
	Stainless Steel Serving Spoon	1	
	Camping Pot (for cooking)	1	
	Aluminum Foil	1 Small Roll	
	Plastic Storage Bags (Gallon Size)	1 Box (24 Pieces)	
	Handheld Can Opener * (Optional if Included on Your Multi-Purpose Utility Tool)	1	
	Unscented Liquid Soap (Castile is a Great Choice) Multi Use – Cleaning Cooking Pot, Utensil, Bodies, Hands, Hair, etc.	1 Travel Size Bottle	
	Feminine Hygiene Products	1 Week Worth Per Female	
	Toothbrushes (To Be Used With Coconut Oil Which Is On Food Shopping List)	1 Per Person	
	Warm Socks (NO Cotton – Wicking / Stay Dry Preferred)	1 Per Person	
	Underwear	3 Per Person	
	Hair Ties / Hair Clips	5 to 6	

NOTES:

Emergency Kit Shopping List – Hygiene and Comfort Items (Sheet 2 of 3)

☑	ITEM DESCRIPTION	QUANTITY	BIN #
	Hand Sanitizer	1 Bottle	
	Wetbag (for Dirty / Wet Clothes)	1 to 2	
	Stress Ball (Optional)	1	
	Wet Wipes (Unscented Baby Wipes Are a Great Option)	1 Package	
	Floss	1 Roll	
	PET ITEMS For 1 Large 95-Pound Dog We Included:		
	Dog Food	5 Days Worth	
	Dog Treats	Small Bag	
	Plastic Food and Water Bowls	2 Bowls	
	Pet Waste Bags	1 Roll	
	Sweater or Vest	1	
	Proof of Rabies Vaccination Certificate / Ownership Information (To Be Included In Personal Documents Folder From Safety List)	Per Animal	
	Some Other Possible Items (Extra Leash and Collar, Pet Blanket, Toy(s), Medications, Crate or Travel Bag)		
	ADD YOUR OWN ITEMS HERE:		

NOTES:

Emergency Kit Shopping List – Hygiene and Comfort Items (Sheet 3 of 3)

✓	ITEM DESCRIPTION	QUANTITY	BIN #
	INFANT / BABY / CHILD ITEMS: (These are the items we included for our 9-Month Old and 5-Year Old)		
	Diapers	1 Package	
	Baby Wipes	2 Packages	
	Diaper Cream	1 Tube	
	Baby Food Pouches	12	
	Baby Food Snacks (Dehydrated Fruit , Num Num's and Other Easy To Eat Snacks)	3 to 4 Items	
	Take and Toss Sippy Cups	1 Package	
	Full Fat Coconut Milk	2 Cans	
	Pacific Foods Hempmilk Original	2 Cartons	
	Redmond Clay Baby Powder (Chemical and Fragrance Free)	1 Travel Size	
	Warm Blanket	1 Per Child	
	Spare Clothes	3 Sets Per Child	
	TOYS AND GAMES:		
	Small LEGO Set		
	Memory Game		
	Puzzle Books		
	Coloring Books		
	Crayons		
	Playing Cars and Puzzle Books For Adults		

NOTES:

