



STAY-AT-HOME EMERGENCY KIT

A checklist for extended
emergencies at home.

BUILD TOWARD 30 DAYS OF SUPPLIES

Start with what you have, add over time, and tailor the kit to your household.

A stay kit is for sheltering safely at home when power, water, transportation or other normal services are disrupted. Keep supplies together in a cool, dry place that household members can access.

FOOD & WATER

- ☐ Water - one gallon per person per day for drinking and sanitation
- ☐ Nonperishable food - build toward a 30-day supply
- ☐ Manual can opener
- ☐ Water filter or purification method
- ☐ Paper plates, cups and utensils

POWER & COMMUNICATIONS

- ☐ Flashlights or headlamps
- ☐ Extra batteries
- ☐ Battery-powered or hand-crank radio and NOAA Weather Radio
- ☐ Charged power banks, backup batteries and charging cables
- ☐ Battery-powered lanterns
- ☐ Backup power plan for essential medical or communication devices
- ☐ Local maps

HEALTH & MEDICAL

- ☐ First aid kit
- ☐ Prescription medications and a current medication list
- ☐ Nonprescription medications
- ☐ N95 or dust masks
- ☐ Cooler, ice packs or another plan for refrigerated medications

SANITATION & HOME SAFETY

- ☐ Soap and hand sanitizer
- ☐ Toilet paper and personal hygiene supplies
- ☐ Moist wipes
- ☐ Garbage bags and plastic ties
- ☐ Cleaning and disinfecting supplies
- ☐ Working smoke and carbon monoxide alarms with battery backup
- ☐ Fire extinguisher

HOUSEHOLD NEEDS

- ☐ Pet or service animal food, water, medications and supplies
- ☐ Infant or child supplies, if needed
- ☐ Assistive devices, backup batteries and repair supplies
- ☐ Special dietary or sensory needs
- ☐ Blankets, sleeping bags and season-appropriate clothing
- ☐ Cash in small bills
- ☐ Important contacts and medical information
- ☐ Books, games or other comfort activities

SAFETY: Never use a generator indoors or use a gas stove or oven to heat your home.

Review supplies every six months, replace expired items and update the kit as household needs change.



NEVADA OFFICE OF EMERGENCY MANAGEMENT / HOMELAND SECURITY

Helping people before, during, and after emergencies.

MORE PREPAREDNESS RESOURCES

oem.nv.gov/30-days

