

Shelter-in-Place Supply Checklist

Sometimes the safest move is staying put. Whether due to hazardous materials, violent events, or government directives, sheltering in place means securing your environment and having the supplies to survive without leaving your home for several days.

Food & Water

- 3–7 days of non-perishable food
- Manual can opener
- 1 gallon of water per person per day
- Water purification tablets or filter
- Pet food and supplies (if applicable)

Power & Lighting

- Flashlights and lanterns (LED preferred)
- Spare batteries (AA, AAA, D, etc.)
- Power banks (charged)
- Solar or hand-crank chargers

Sanitation & Hygiene

- Toilet paper and moist wipes
- Hand sanitizer and soap
- Trash bags and sealable waste bags
- Disinfectants and paper towels
- Toothbrush and personal hygiene kit

Medical Supplies

- First aid kit
- Prescription medications (7-day supply)
- Over-the-counter meds (pain relievers, cold meds)
- Thermometer, gloves, masks

Communication & Information

- Battery-powered or hand-crank radio (NOAA)
- List of emergency contacts
- Printed shelter-in-place plan
- Mobile phone with power backup

Security & Safety

- Fire extinguisher (ABC-rated)
- Window coverings or blackout material
- Locking interior doors or braces
- Self-defense tools (where legal)

Comfort & Entertainment

- Blankets, pillows, and warm clothing
- Books, cards, or games
- Notebook and pens
- White noise machine or earplugs

Tips & Hints:

Practice lockdown drills with your family so everyone knows what to do.

Keep your shelter-in-place kit stocked and rotate food, meds, and batteries regularly.

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