

THE "STAY" KIT

Check off each item as it is packed and record its expiration date. This completed list should be stored in your kit. Inspect this kit every six months and replace any expired items at that time.

FOOD AND WATER

Choose foods that are appropriate for your dietary restrictions.

Packed	Expiration	
<input type="checkbox"/>	_____	Bottled water (one gallon of water per person per day is recommended.)
<input type="checkbox"/>	_____	Ready-to-eat, non-perishable foods for you, your family, and pets
<input type="checkbox"/>	_____	Manual can opener, if needed
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

GENERAL MEDICAL SUPPLIES

Packed	Expiration	
<input type="checkbox"/>	_____	Up to 30-day supply of prescription and over-the-counter medications
<input type="checkbox"/>	_____	A small cooler with ice packs for refrigerated medications, if needed
<input type="checkbox"/>	_____	Basic first aid kit containing bandages, medical tape, antibiotic cream, etc.
<input type="checkbox"/>	_____	Backup oxygen system, extra tanks, and supplies, if applicable
<input type="checkbox"/>	_____	_____

Keep medications with you at all times. Do not pack them in your luggage.