

The Finger Lakes Region is expected to see an increase in extreme weather events. These events may include:

- Extreme heat events
- Changes in the amount and duration of precipitation, including heavy rainfall and drought
- More frequent and intense storms

Be prepared for these extreme weather events by using the attached checklist to build an emergency kit.



Maintain Your Kit

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

For more information visit:
<https://senecacountyhealthdepartment.com/emergency-preparedness/>



EMERGENCY KIT CHECKLIST



Helping you prepare for extreme weather events.



CHECKLIST

- ☐ Can opener
- ☐ Multi-tool
- ☐ AM/FM transistor radio
- ☐ Mylar thermal blanket
- ☐ Local map & compass
- ☐ Water purifying tablets
- ☐ Flashlight
- ☐ First aid kit
- ☐ Emergency whistle
- ☐ Extra batteries
- ☐ Matches
- ☐ Fire extinguisher
- ☐ Sleeping bags
- ☐ Clothing
- ☐ Paper & pencil
- ☐ Cell phone battery & charger
- ☐ Dust mask

CHECKLIST (CONT.)

- ☐ Water (one gallon per person, per day)
- ☐ Non-perishable food
- ☐ Paper cups, plates, paper towels and plastic utensils
- ☐ Prescription medications & glasses
- ☐ Hygiene items
- ☐ Copies of personal documents (include insurance policies, identification, and bank account information)
- ☐ Family & emergency contact information
- ☐ Extra Cash

PERSONALIZE IT!

Other things to think about:

- Do you have children?
Consider including:
 - Infant formula & diapers
 - Books, games, puzzles, or other activities for children
- Do you have pets?
Consider Including:
 - food and water for them too
- Do you have any disabilities? Consider including:
 - Transportation plans
 - Medical supplies & equipment
 - Cooler for refrigerated medicines