

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.



**Seneca County**  
Health Department

## 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