Emergency Supplies Checklist



Weather a storm by being prepared.

Amica

Keep your emergency supplies in an easy-to-access location.

Here are some items to include:

MEAL PREPARATION

A 3-day supply of nonperishable food



1 gallon of bottled

water per person

per day for 3 days

Paper cups, plates, utensils and paper towels



EMERGENCY TOOLS



Battery-operated flashlight, radio and extra batteries

to turn off utilities



Matches in a waterproof container



Duct tape

MEDICAL SUPPLIES



First-aid supplies

Prescriptions and other medications



ESSENTIALS

Blankets, clothing, toiletries





Cash – ATMs may not work during a power outage

All important documents in a safe, dry container



COMMUNICATION NECESSITIES

Battery-operated charger for your cellphone and other electronic devices





friends, neighbors and insurance company, in your phone



family's needs.



Infant

formula and

food, water, medications and an extra leash

Pet supplies:

Items for the **elderly** or <mark>disabled</mark>



kit after using it so it's ready for the future. Resources: Ready.gov, FEMA



time to time and make sure nothing has expired.

We're here to help.



Amica's mobile app 800-242-6422



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