

Emergency Kit Checklist

The 3-Tier System for Women Who Live Alone

You don't need to buy everything at once. Start with Tier 1 (about \$20), build Tier 2 over a weekend (about \$85), and stock Tier 3 gradually over the next few months. One item per grocery run adds up fast.

TIER 1: MICRO KIT

Lives in your everyday bag

~\$20-30

- Portable phone charger (check charge monthly)
- \$40-60 cash in small bills (fives and ones)
- Mini flashlight or keychain light
- Laminated emergency contact card
- One day of critical medications
- Whistle or personal alarm
- A few energy bars or wrapped snacks

TIER 2: GO BAG

By your front door | 72-hour supply

~\$85

ESSENTIALS

- Water: 2 bottles + purification tablets
- 3 days non-perishable food (bars, peanut butter, dried fruit)
- Flashlight + extra batteries
- LED headlamp (frees up your hands)
- Battery-powered or hand-crank NOAA radio
- Basic first aid kit
- Copies of important documents (waterproof bag)
- Cash: \$200+ in small bills
- Multi-tool or Swiss army knife
- Whistle
- 2-3 N95 masks
- Pen and small notebook
- Phone charger + portable battery pack
- Comfort item: book, cards, or journal

WOMEN-SPECIFIC (most lists skip these)

- Menstrual products (cup, tampons, or pads for one full cycle)
- 3+ pairs of extra underwear
- Sports bra
- One change of clothes (leggings, t-shirt, socks)
- 4-5 hair ties
- Backup birth control or reproductive health items
- Pepper spray or personal safety alarm (check local laws)

Emergency Kit Checklist (continued)

TIER 3: HOME KIT

Shelter in place | 7+ days supply

~\$65-100

WATER & FOOD

- 7 gallons of stored water (1 gallon/day)
- Filled bathtub for flushing (when you get advance warning)
- 7-day supply: canned goods, rice, pasta, oatmeal, peanut butter
- Manual can opener (do NOT forget this)
- Unscented bleach for water purification (8 drops per gallon)

SHELTER-IN-PLACE SUPPLIES

- Plastic sheeting + duct tape (for sealing windows/vents)
- Heavy-duty trash bags (sanitation, waste, waterproofing)
- Extra blankets or a sleeping bag
- Fire extinguisher (small, residential-grade)
- Extra batteries for all devices
- Larger first aid supplies + OTC medications

STAYING SANE (not optional)

- Books, puzzles, journal, coloring book, deck of cards
- All portable batteries fully charged
- Downloaded movies, podcasts, or music (no streaming without internet)
- Board game or activity you can do alone

Quick Tips

- > Start with Tier 1 today. It takes 10 minutes and costs ~\$20.
- > Build Tier 2 in a single weekend trip to Target or Walmart.
- > Add one Tier 3 item per grocery run. Fully stocked in ~3 months.
- > Check expiration dates twice a year (when clocks change for daylight saving).
- > Your go bag should weigh 10-12 lbs. If it's heavier, you've overpacked.
- > Use a regular backpack, not a tactical one. Don't advertise that you're prepared.
- > Store water under the bed, go bag in the coat closet, food on one pantry shelf.