

# TYPHOON EMERGENCY KIT CHECKLIST

## A Practical Guide for Cebuano Families

Preparedness today protects lives tomorrow..

Use this as:

- A checklist while packing
- A reference guide during emergencies
- A family preparedness tool you can revisit every year

### How to Use this Checklist

- ☐ Read through the list once
- ☐ Prepare items gradually (no need to buy everything at once)
- ☐ Store your kit in a waterproof container or backpack
- ☐ Review and update every 6 months or before typhoon season

**NEED GUIDANCE?** Preparedness doesn't have to be overwhelming.

If you want help reviewing: \* Family protection \* Home coverage

\*Car coverage \* Disaster readiness planning

**Reach out anytime. No pressure—clarity first.**

# TYPHOON EMERGENCY KIT CHECKLIST

## Water & Hydration

- ☐ Drinking water (3–5 liters per person per day, at least 3 days)
- ☐ Extra water for cooking and hygiene
- ☐ Water purification tablets or portable filter

## Food & Nutrition

- ☐ Canned goods (sardines, tuna, corned beef, beans)
- ☐ Instant noodles, rice packs, or ready-to-eat meals
- ☐ Energy bars, biscuits, dried fruits
- ☐ Manual can opener
- ☐ Baby food/special dietary items

## First Aid & Health

- ☐ Basic first aid kit (bandages, antiseptic, gauze)
- ☐ Pain relievers and fever medicine
- ☐ Prescription medications (at least 7 days)
- ☐ Face masks and hand sanitizer
- ☐ Thermometer

## Lighting & Communication

- ☐ Flashlight or headlamp
- ☐ Extra batteries
- ☐ Battery-powered or hand-crank radio
- ☐ Fully charged power banks
- ☐ Printed list of emergency contacts

An emergency kit helps you **get through** the storm.  
Insurance helps you **recover after** the storm.

# TYPHOON EMERGENCY KIT CHECKLIST

## Personal Safety & Comfort

- ☐ Extra clothes (light & warm layers)
- ☐ Raincoat or poncho
- ☐ Blanket or sleeping mat
- ☐ Towel and basic toiletries
- ☐ Whistle (for signaling help)

## Tools & Emergency Supplies

- ☐ Multipurpose knife or tool
- ☐ Rope or strong cord
- ☐ Duct tape
- ☐ Gloves

## Home & Document Protection

- ☐ Important documents (IDs, insurance, bank info)
- ☐ Waterproof pouch or ziplock bags
- ☐ Small amount of cash (small bills)

## Optional Helpful Items

- ☐ Items for children (books, toys)
- ☐ Items for elderly family members
- ☐ Local map or evacuation center list
- ☐ Extra phone charger cables

***Pangandam karon, kalinaw ug seguridad unya.***

Preparation is not fear.

It's responsibility, care, and love for your family.