



FAACT's Disaster Resource Center

STAY-BAG LIST

Your family may need to shelter in place for up to **two weeks** following a disaster. Consider the following items for your family's Stay-Bag(s). Be sure to **label items** designated for your food-allergic family member. Use a container that is waterproof and/or fireproof, depending on where you live and the type of disaster you may encounter.

- 1. Water:** Store at least one gallon of water per person, per day, for drinking and sanitation purposes. If you don't have enough room, store as much as possible. Consider having clearly labeled reusable water bottles for each family member. Electrolyte mixes can also be useful during long periods of sheltering in place.
- 2. Allergy-safe, non-perishable food and drinks:** Include a supply of non-perishable food items that require little to no preparation, such as canned goods, dried fruits, nuts (if no one is allergic to them), granola bars, and shelf-stable protein drinks. Customize your food selections to fit your food-allergic family member's needs and clearly label all safe foods so they are easy to identify.
- 3. Manual can opener:** To open canned food items if the electricity is out.
- 4. First aid kit:** Pack bandages, antiseptic wipes, adhesive tape, gauze pads, scissors, tweezers, pain relievers, and a thermometer. Consider adding N95 masks if you live in an area prone to wildfires.
- 5. Prescription medications:** Be sure that you have an ample supply of prescription medications for every family member. Consult with your board-certified allergist to ensure you have shelf-stable antihistamines, epinephrine, and other medications that may be necessary for managing your food-allergic family member's needs.
- 6. Important documents:** Store copies of important documents—such as identification, insurance policies, medical records, and emergency contact information—in a waterproof container or bag.
- 7. Emergency Plan and Kit:** Each family member with food allergies should have a personalized emergency plan that includes an Emergency Contact List, Emergency Health & Allergy Profile, and an Allergy & Anaphylaxis Emergency Plan. Consider laminating these documents so they can endure water exposure or long-term wear.
- 8. Flashlight and extra batteries:** Have at least one reliable flashlight with extra batteries to help with visibility during power outages or emergencies.
- 9. Multi-tool or utility knife:** A versatile tool can come in handy for various tasks during an emergency.
- 10. Personal hygiene items:** Pack items such as soap, hand sanitizer, toilet paper, toothbrushes, toothpaste, feminine hygiene products, eyewear or contacts with cleaning/storage solution, and any other personal items your family may need. Check ingredients to ensure that there are no allergens in any of the products.

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- 11. Cooking and eating utensils:** Include disposable plates, cups, and utensils (you may not be able to wash items to reuse) plus a portable stove or camping cookware. Include matches in a waterproof bag.
- 12. Battery-powered or hand-crank radio:** Include a battery-powered or hand-crank emergency radio to stay informed about emergency updates and alerts.
- 13. Cash:** Keep a supply of cash in small denominations. ATMs and credit card machines may not be accessible during emergencies.
- 14. Blankets or sleeping bags:** Have blankets or sleeping bags on hand to keep warm in case the temperature drops.
- 15. Entertainment items:** Include books, games, puzzles, or other items to help pass the time during an extended stay at home if no electricity. Pack extra chargers and back up chargers to keep cell phones working as long as possible.
- 16. Extra clothing:** Pack a change of clothes for each person, including sturdy shoes, undergarments and warm clothing.
- 17. Pet supplies:** If you have pets, include food, water, medications, and other supplies they may need. Check ingredients to ensure there are no allergens that may affect your food-allergic family members.
- 18. Sanitation supplies:** Pack garbage bags, plastic ties, disinfectant, non-latex gloves, and other sanitation supplies to maintain cleanliness and hygiene.
- 19. Important keys:** Keep spare keys for your home, vehicles, and any other important locks in your Stay-Bag.
- 20. Comfort items:** Consider including comfort items—such as a favorite stuffed animal, pillow, or sentimental keepsake—to provide emotional support during stressful times.

Be sure to check and update your Stay-Bag contents every year to ensure items have not expired and meet the needs of your family. Customize your Stay-Bag based on your family's specific circumstances, including the number of household members, food-allergy and other special needs, and the potential hazards in your area. Many items on this list can be found at local hardware stores, grocery superstores, and the dollar stores, depending on where your family lives.

If your family needs Stay-Bag information in multiple languages, the Federal Emergency Management Agency (FEMA) offers resources in 12 languages. Download FEMA's [Stay-Bag Supply Checklist](#) for a downloadable and printable version to take to the store.

Read [Ready.gov's Food Supply List](#), also available in 12 languages, for information on food supplies in addition to tips for safe food handling, cooking, and storage following a disaster.