



Emergency Essentials Checklist



Important Documents

- ☐ CNIC / ID cards (family members)
- ☐ Passport (if needed)
- ☐ Birth certificates (copies)
- ☐ Medical records/prescriptions
- ☐ Emergency contact list



Health & First Aid

- ☐ Basic first aid kit (bandages, antiseptic, gauze)
- ☐ Pain relievers (paracetamol/ibuprofen)
- ☐ Personal medications (7–10 days supply)
- ☐ Thermometer
- ☐ Hand sanitizer & masks



Food & Water

- ☐ Bottled water (1–2 liters per person)
- ☐ Dry snacks (biscuits, energy bars, nuts)
- ☐ Ready-to-eat food items
- ☐ Baby food (if needed)



Safety & Survival

- ☐ Flashlight/torch
- ☐ Extra batteries
- ☐ Power bank (fully charged)
- ☐ Multi-tool or small knife
- ☐ Whistle



Clothing & Personal Items

- ☐ Extra clothes (1–2 sets)
- ☐ Comfortable shoes/slippers
- ☐ Warm layer or shawl (seasonal)
- ☐ Blanket or light sheet



Money & Essentials

- ☐ Cash in small amounts
- ☐ Debit/credit cards
- ☐ Keys (house/car)
- ☐ Phone + charger cable



Special Needs (if applicable)

- ☐ Baby diapers & wipes
- ☐ Formula milk/bottles
- ☐ Elderly care items