

PREPPING CHECKLIST

Emergency Readiness for Filipino Families

WATER ESSENTIALS

- 3.7L (1 gallon) per person per day
- Water storage containers
- Water purification tablets/filter

FOOD SUPPLIES

- Rice/staple food
- Canned goods
- Dried goods (beans, pasta, etc.)
- Ready-to-eat food
- Manual can opener

FIRST AID & MEDICINE

- First aid kit
- Maintenance medicines
- Fever & pain relievers
- Alcohol, bandages, antiseptic

POWER & COMMUNICATION

- Flashlight
- Extra batteries
- Power bank
- Solar charger (optional)
- Battery-powered radio

GO-BAG ESSENTIALS

- Clothes (2-3 days)
- Food & Water (3 days)
- Hygiene Kit
- Copies of IDs
- Emergency cash

IMPORTANT DOCUMENTS

- Passports
- Land titles
- Printed contacts
- USB with digital copies

"PREPAREDNESS IS NOT FEAR, IT'S LOVE FOR YOUR FAMILY. - KAREN KHEAYE"

KAREN KHEAYE

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