THE COOL AFFILIATE · BE READY

The Emergency Prep List

Power outage, winter storm, hurricane or a fast evacuation. Here are 42 highly rated items to keep on hand, sorted by what they do, with a line on why each one earns its spot. Tap any item to see it on Amazon.

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The rule of thumb: Ready.gov suggests one gallon of water per person per day and enough supplies to last several days on your own. For a winter outage, plan on two weeks, and count your dog in every number.

💡 Five prep tips

- Start small. A gallon of water and a flashlight today beats a perfect kit someday.
- Buy one or two items a week until each section is covered.
- Store the kit in one spot everyone knows, in bins you can grab and carry.
- Check and rotate food, water, batteries and meds twice a year.
- Practice once: a night with the power off shows you what you forgot.

How we picked: every product is from the thecoolaffiliate.com catalog, rated 4.4 stars or higher on Amazon with thousands of reviews. This list is research-based, not a hands-on test of every item. Ratings shown were checked when we added each product and can change, so check the listing before you buy.

Live version with photos: thecoolaffiliate.com/emergency-prep-list · Updated November 3, 2026

💧 Water

Water runs out first. Ready.gov suggests one gallon per person per day, and at least several days of supply. A filter and tablets mean you are not stuck when the stored water is gone.

TOP TIPS

- Fill clean pots, jugs and the bathtub before a storm hits. Tub water is for flushing and washing, not drinking.
- Swap stored tap water every 6 months, and write the fill date on the jug.
- Filters like the LifeStraw and Sawyer stop bacteria and parasites but not viruses or chemicals. In flood water, use tablets or boil too.
- Count your dog in the math: roughly an ounce of water per pound of body weight each day.

☐ **LifeStraw Personal Water Filter for Hiking, Camping, Travel & Emergency**
Drink straight from a stream or a questionable tap. No pumps, no batteries.
★ 4.8 on Amazon · 100K+ reviews
See it on Amazon ›

☐ **Sawyer MINI Water Filtration System**
Screws onto a bottle or pouch so you can filter a whole family's water.
★ 4.7 on Amazon · 38K+ reviews
See it on Amazon ›

☐ **Potable Aqua Water Purification Tablets with PA Plus (Two 50-Count Bottles)**
Treats water a filter can't, and the second bottle fixes the iodine taste.
★ 4.7 on Amazon · 26K+ reviews
See it on Amazon ›

Also grab: ☐ Water jugs or a 5 to 7 gallon container per person ☐ Bleach (unscented) for emergency water treatment

🔦 Light

Candles are a fire risk in a dark house with kids and dogs running around. Battery and rechargeable lights are safer and brighter.

TOP TIPS

- Put one light in every bedroom and know where it is in the dark.
- Headlamps keep both hands free for cooking, first aid and carrying the dog's gear.
- Store batteries outside the devices so they don't leak and ruin the light.

☐ **Etekcity LED Camping Lanterns, Battery Operated, 2-Pack**
Lights a whole room on AA batteries and collapses flat for storage.
★ 4.7 on Amazon · 49.4K+ reviews
See it on Amazon ›

☐ **LHKNL Rechargeable LED Headlamp Flashlight, 2-Pack**
Two hands-free lights that recharge from a power bank.
★ 4.5 on Amazon · 36.6K+ reviews
See it on Amazon ›

- [ ] **Fenix PD36R Rechargeable Flashlight**
  Bright, rugged and rechargeable for checking the yard or the breaker box.
  ★ 4.7 on Amazon · 8K+ reviews
  See it on Amazon ›

- [ ] **Energizer MAX AA Alkaline Batteries, 48 Pack**
  A 48-pack covers lanterns, radios and remotes for a long outage.
  ★ 4.8 on Amazon · 194.5K+ reviews
  See it on Amazon ›

- [ ] **Amazon Basics 48-Pack AA Alkaline High-Performance Batteries**
  The budget option if you just need a lot of AAs on the shelf.
  ★ 4.7 on Amazon · 956K+ reviews
  See it on Amazon ›

Also grab: ☐ AAA, C and D batteries for anything else you own

📻 Power & Radio

When the cell network is jammed or down, a weather radio is how you hear about road closures and shelters. Power banks keep phones alive for days.

TOP TIPS

- Charge every power bank and phone the moment a storm is in the forecast.
- Set your phone to low-power mode and close apps to stretch the battery.
- Save local emergency numbers and your vet's number in your phone and on paper.

- [ ] **FosPower NOAA Emergency Weather Radio A1**
  Hand crank, solar and battery power, NOAA alerts, a flashlight and a USB port to top up a phone.
  ★ 4.5 on Amazon · 37.6K+ reviews
  See it on Amazon ›

- [ ] **Anker 20,000mAh Portable Charger**
  About four to five phone charges in a pocket-size brick.
  ★ 4.7 on Amazon · 85K+ reviews
  See it on Amazon ›

- [ ] **INIU 10000mAh 45W Fast Charging Portable Charger**
  A smaller, cheaper bank to keep in the car or go-bag.
  ★ 4.4 on Amazon · 87.2K+ reviews
  See it on Amazon ›

- [ ] **BLAVOR S1600 Solar Generator, 1024Wh Power Station with Built-In 40W Panel**
  Quiet, fuel-free backup for a fridge, CPAP or lights, with a built-in solar panel. Safe to run indoors, unlike a gas generator.
  ★ 4.4 on Amazon · 130+ reviews
  See it on Amazon ›

- [ ] **NOCO Boost Plus GB40 Jump Starter**
  Starts a dead car battery and doubles as a USB charger and light.
  ★ 4.8 on Amazon · 65K+ reviews
  See it on Amazon ›

🧣 Warmth

In a winter outage, heat matters more than anything else on this list. Pick one small room, close it off, and keep everyone there.

TOP TIPS

- Choose a warm room with few windows. Hang blankets over doors and windows to hold heat in.
- Dress in layers of wool or fleece. Cotton holds sweat and makes you colder.
- Never use a grill, camp stove or generator indoors or in a garage. Carbon monoxide kills quickly.

- [ ] **HotHands Hand Warmers Value Pack, 10 Pairs**
  Hours of heat with no power. Tuck them in pockets, gloves or a sleeping bag.
  ★ 4.8 on Amazon · 20.3K+ reviews
  See it on Amazon ›

- [ ] **Emergency Mylar Blankets (10-Pack)**
  Reflects body heat back at you. Light enough to keep one in every bag.
  ★ 4.7 on Amazon · 20K+ reviews
  See it on Amazon ›

- [ ] **Govee Indoor Hygrometer Thermometer H5075 with Bluetooth App Control**
  Shows when your warm room is getting too cold, and can tell you if the fridge is warming up.
  ★ 4.5 on Amazon · 48.4K+ reviews
  See it on Amazon ›

- [ ] **DREO Portable Space Heater with Thermostat, 1500W**
  For when the power is back or you have a generator. It will not run on a power bank.
  ★ 4.6 on Amazon · 29K+ reviews
  See it on Amazon ›

Also grab: ☐ Wool socks, hats and gloves for everyone ☐ Sleeping bags or heavy blankets ☐ A battery carbon monoxide alarm

🔥 Cooking & Food

Plan on two weeks of food that needs no fridge. A camp stove turns canned and dry food into a real meal.

TOP TIPS

- Stock what you already eat: canned soup, beans, tuna, peanut butter, oatmeal, crackers. Rotate it into meals so nothing expires.
- Keep the fridge and freezer shut. A full freezer stays frozen about 48 hours, a half-full one about 24.
- Cook outside only, with a fire extinguisher nearby.

- [ ] **Gas One GS-3400P Dual Fuel Portable Camping Stove (Propane or Butane)**
  Runs on propane or butane, so you can use whichever fuel you can find.
  ★ 4.6 on Amazon · 15K+ reviews
  See it on Amazon ›

- [ ] **Gas One 6-Hour Chafing Fuel (12 Pack) with Lid Opener**
  Six hours of flame per can for keeping food and water warm.
  ★ 4.7 on Amazon · 11K+ reviews
  See it on Amazon ›

- [ ] **Lodge Seasoned Cast Iron Skillet 10.25 Inches**
  Works on a camp stove, grill or open fire and lasts forever.
  ★ 4.6 on Amazon · 144K+ reviews
  See it on Amazon ›

- [ ] **KitchenAid Classic Multifunction Can Opener and Bottle Opener**
  A manual opener. An electric one is useless in an outage.
  ★ 4.6 on Amazon · 89.6K+ reviews
  See it on Amazon ›

- [ ] **bayite 4" Survival Ferro Rod Fire Starter with Striker**
  Thousands of sparks, wet or dry, when the lighter runs out.
  ★ 4.7 on Amazon · 12K+ reviews
  See it on Amazon ›

- [ ] **Cool Coolers by Fit & Fresh XL Slim Ice Packs (4 Pack)**
  Keep a few frozen to move food into a cooler when the power goes out.
  ★ 4.6 on Amazon · 50K+ reviews
  See it on Amazon ›

Also grab: ☐ Two weeks of shelf-stable food per person ☐ Propane or butane canisters ☐ Paper plates and plastic utensils

🩹 First Aid & Health

Help may take longer to arrive, so be ready to handle cuts, burns, fevers and dehydration yourself.

TOP TIPS

- Keep a two-week supply of prescription meds, and ask your doctor about an emergency refill.
- Write down everyone's meds, doses and allergies and keep the list with the kit.
- Check expiration dates twice a year, when the clocks change.

- [ ] **Johnson & Johnson First Aid Kit (140-Piece)**
  A well-stocked 140-piece kit in a case that fits a shelf or a car.
  ★ 4.7 on Amazon · 25K+ reviews
  See it on Amazon ›

- [ ] **BAND-AID Brand Flexible Fabric Adhesive Bandages, All One Size, 100 Count**
  You will go through bandages faster than you think when cleaning up.
  ★ 4.8 on Amazon · 61.6K+ reviews
  See it on Amazon ›

- [ ] **iHealth PT3 No-Touch Forehead Thermometer**
  Quick fever checks for the whole family without sharing a probe.
  ★ 4.4 on Amazon · 178K+ reviews
  See it on Amazon ›

- [ ] **Liquid I.V. Hydration Multiplier - Lemon Lime (16 Servings)**
  Electrolytes for heat, sickness or a long day of storm cleanup.
  ★ 4.6 on Amazon · 105K+ reviews
  See it on Amazon ›

- [ ] **Sawyer Products Premium Picaridin Insect Repellent, 20% Picaridin Lotion, 4 oz**
  Standing water after a storm means mosquitoes. This lasts for hours.
  ★ 4.6 on Amazon · 24K+ reviews
  See it on Amazon ›

Also grab: ☐ Pain and fever reducer ☐ Allergy medicine ☐ Glasses or spare contacts

🛠️ Tools & Safety

A few good tools handle most of what a storm throws at you, from a loose hinge to a flat tire on the way out of town.

TOP TIPS

- Know how to shut off your water, gas and electricity, and keep the right wrench by the valve.
- Treat stored gasoline with stabilizer so the generator and car are ready when you need them.
- Keep a full tank of gas when bad weather is coming. Pumps need power too.

- [ ] **Leatherman Wave+ Multi-Tool**
  Pliers, knives, saw and screwdrivers in one tool that lives in a drawer or bag.
  ★ 4.8 on Amazon · 6.1K+ reviews
  See it on Amazon ›

- [ ] **Gerber Gear Suspension-NXT 15-in-1 EDC Multi-Tool**
  A cheaper second multi-tool for the car kit.
  ★ 4.6 on Amazon · 23K+ reviews
  See it on Amazon ›

- [ ] **STA-BIL Storage Fuel Stabilizer, 16 oz**
  Keeps stored gas fresh for up to two years for the generator or car.
  ★ 4.8 on Amazon · 36K+ reviews
  See it on Amazon ›

- [ ] **CTR Heavy Duty Tire Plug Kit — 68-Piece Universal Repair Kit**
  Fix a flat from storm debris without waiting for a tow.
  ★ 4.7 on Amazon · 4.7K+ reviews
  See it on Amazon ›

- [ ] **SABRE Pepper Spray with Quick Release Keychain**
  Personal safety on a keychain if things get tense.
  ★ 4.7 on Amazon · 116.7K+ reviews
  See it on Amazon ›

Also grab: ☐ Duct tape ☐ Heavy work gloves ☐ A fire extinguisher ☐ A whistle for each person

🐶 Dog Care

Your dog is part of the plan. Pack enough food, water and meds for them for the same two weeks, and have a way to keep them calm.

TOP TIPS

- Keep a recent photo of your dog and their vaccine records on your phone and on paper.
- Make sure the collar tag and microchip have your current phone number.
- Find pet-friendly shelters and hotels on your evacuation route before you need them.

- [ ] **rabbitgoo Dog Harness, No Pull for Large Dogs, 2 Leash Clips**
  A secure harness for evacuations, crowds and scared dogs who pull.
  ★ 4.5 on Amazon · 196K+ reviews
  See it on Amazon ›

- [ ] **Earth Rated Unscented Dog Poop Bags on Refill Rolls, 270 Count**
  Shelters and hotels expect you to clean up. 270 bags last a long time.
  ★ 4.8 on Amazon · 100K+ reviews
  See it on Amazon ›

- [ ] **Earth Rated Dog Wipes for Paws & Butt, Unscented, 100 Count**
  Clean muddy paws when there is no water to spare for a bath.
  ★ 4.7 on Amazon · 54K+ reviews
  See it on Amazon ›

- [ ] **Purina Pro Plan Veterinary Supplements FortiFlora Dog Probiotic**
  Stress and food changes upset stomachs. Ask your vet if it suits your dog.
  ★ 4.7 on Amazon · 50K+ reviews
  See it on Amazon ›

- [ ] **Greenies Pill Pockets Large Size Dog Treats, Peanut Butter, 15.8 oz**
  Makes giving meds easy when routines fall apart.
  ★ 4.8 on Amazon · 22K+ reviews
  See it on Amazon ›

- [ ] **Milk-Bone Original Medium Dog Biscuits (10 lb Box)**
  A big box of treats keeps them happy and rewards good behavior in strange places.
  ★ 4.8 on Amazon · 83K+ reviews
  See it on Amazon ›

- [ ] **KONG Classic Dog Toy (Large)**
  Something familiar to chew on helps an anxious dog settle.
  ★ 4.7 on Amazon · 80K+ reviews
  See it on Amazon ›

Also grab: ☐ Two weeks of dog food in a sealed bin ☐ A collapsible water bowl ☐ A crate or carrier ☐ A spare leash

🧼 Hygiene & Cleanup

Staying clean prevents sickness when water is limited, and cleanup starts the minute the storm passes.

TOP TIPS

- Use hand sanitizer and wipes to save water for drinking.
- Line a bucket with heavy trash bags as a backup toilet if the water is off.
- Wear gloves and boots for cleanup. Flood water can hide sharp debris and germs.

- [ ] **Dawn Powerwash Spray, Fresh — 1 Starter Kit + 3 Refills**
  Cleans dishes with very little water. Spray, wipe, rinse quickly.
  ★ 4.8 on Amazon · 143.7K+ reviews
  See it on Amazon ›

- [ ] **We Sweat's Microfiber Towels 2-Pack — Quick Dry Travel & Gym**
  Quick-dry towels that don't stay damp and sour when there's no dryer.
  ★ 4.8 on Amazon · 74K+ reviews
  See it on Amazon ›

Also grab: ☐ Hand sanitizer and wet wipes ☐ Toilet paper and heavy trash bags ☐ Toothbrushes, toothpaste and soap

🎒 If You Have to Leave: The Go-Bag

One bag per person, plus one for the dog, that you can grab in under five minutes.

- [ ] Water for 3 days and a filter
- [ ] Food that needs no cooking for 3 days
- [ ] Phone charger and a full power bank
- [ ] Flashlight or headlamp with spare batteries
- [ ] First aid kit and a week of prescription meds
- [ ] Copies of IDs, insurance and medical records in a waterproof bag
- [ ] Cash in small bills
- [ ] A change of clothes, rain jacket and sturdy shoes
- [ ] Emergency blanket and hand warmers
- [ ] Dog food, water, bowl, leash, meds and vaccine records
- [ ] Car keys and a full tank of gas
- [ ] A paper map of your area with two routes out marked

📄 Documents & Meds

Copies in a waterproof bag, plus photos on your phone.

- [ ] IDs, passports and birth certificates (copies)
- [ ] Insurance policies with phone numbers
- [ ] Medication list with doses and your doctor's number
- [ ] Your vet's number and your dog's records
- [ ] Bank and credit card contact numbers
- [ ] A family meeting spot and an out-of-town contact

🤔 Ask Yourself

Talk these through as a family before you need the answers.

- Where would we go if we had to leave in 15 minutes?
- Which room would we keep warm (or cool) if the power were out for a week?
- How would we reach each other if the phones stopped working?
- Who checks on our neighbors who live alone?
- Who takes care of the dog if we can’t get home?
- Do we know how to turn off the water, gas and power?

Find more gear: Survival & Outdoors · Best power outage supplies · This list online

As an Amazon Associate, The Cool Affiliate earns from qualifying purchases at no extra cost to you. This checklist is general guidance, not professional safety advice. Never run a generator, grill or camp stove indoors. Follow local emergency officials during any event.