

THE **SOS** CHECKLIST

✓ HYGIENE PRODUCTS

- disposable gloves
- soap bar
- toilet paper
- toothpaste
- disinfectant

✓ GROCERIES

- fluid - water
- grain, rice & pasta
- vegetables & legumes
- fruit
- milk
- fish, meat & eggs

✓ MEDICINE CHEST

- personal prescribed medication
- cold remedies
- painkiller
- wound disinfections
- first-aid-kit

✓ ADDITIONAL

- candles
- flashlight & batteries
- significant documents

✓ PERSONAL

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Notes:

