

Health Readiness Quick Inventory

Health & Medical Readiness — Quick Inventory

- **Clean Water Supply (drinking, washing, cleaning)**
- **First Aid Kit (wound care, fever care, burns, sprains)**
- **Medications (chronic needs, OTC essentials, backups)**
- **Hygiene Supplies (soap, toothbrushes, disinfectants, menstrual care)**
- **Sanitation Tools (trash bags, gloves, bleach solution)**
- **Medical Records Binder (allergies, conditions, dosages)**
- **Mental Health Supports (quiet space, routines, comfort items)**

If any line fails, all others become harder.