

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.