## Heat Relief Supplies Checklist

The following is a list of possible supplies that local governments, organizations, or volunteer groups could distribute to groups or individuals with higher risk from extreme heat (e.g., housing insecure, individuals spending time outdoors).

**Hydration**

* Bottled water
* Electrolyte packets or drinks such as Gatorade
* Insulated water bottles
* Pet watering bowl

**Sun Protection**

* Sunscreen (any size)
* Lip Balm (+SPF preferred)
* Sun hats or baseball caps
* Sunglasses
* Umbrellas

**Cooling Relief**

* Small towel, cooling wrap, or bandana
* Pair of socks
* Instant cold packs
* Aloe vera gel
* Hand-held fans

**Other**

* Brochure or map showing locations of local heat relief sites (e.g., air-conditioned public buildings, cooling centers) and their hours of operation
* Handouts (e.g., infographics, factsheets) describing the symptoms and treatment for heat-related illnesses, and using both visuals and text to increase their accessibility to a wide range of readers
* Heat-related books, games, puzzles or other activities for children

**The items in this list were developed based on:**

* Arizona Human Services Campus [Heat Relief Checklist](https://hsc-az.org/wp-content/uploads/2023/04/heat-relief-kit-checklist.pdf)
* Ready.gov [Build a Kit](https://www.ready.gov/kit) for emergencies