



72 HOUR KITS

There are many lists for preparing a 72 Hour Kit. The list below is a "meshing" of several lists. You may not want everything on the list or you may want to add additional items suited to your needs. A good exercise would be for you to walk through your home and determine what you need to take with you if you had to live away from your home for three days.

Remember that in an emergency you may need to grab your kit and go quickly. Pack so that you can carry or pull your bag as you leave. For families, divide the supplies among family members.

Because you may be away from home when an emergency occurs, **think about getting kits for your car and office.**

If you do not wish to prepare your own kit, you may purchase a kit and then add a few additional items that will suit your needs.

Basic Supplies

- Water: 1 gallon per person per day for 3 days
- Food: at least 3 days supply, non perishable
- Manual can opener if needed
- Radio: battery/hand crank, extra batteries
- Flashlight or headlamp, extra batteries
- First aid kit and book
- Prescriptions (7-14 days) and glasses
- Whistle to signal for help
- Dust mask
- Moist towelettes, toilet paper, garbage bags and ties (for personal sanitation)
- Wrench or pliers to turn off utilities
- Duct tape and plastic sheeting (for sheltering in place or in the outdoors)
- Scriptures
- Cell phone charger, inverter or solar charger
- Local maps, compass

For Baby

- Formula and water to mix
- Diapers
- Bottles

- Powdered formula – nursing mothers may find they are unable to nurse
- Medications and diaper rash ointment
- Baby wipes

Consider Adding

- Cash in small bills and change (ATM's may not work)
- Sleeping bag or warm blanket for each person
- Complete change of clothing: long sleeved shirt, long pants, sturdy shoes, socks and underwear
- Jacket, hat and gloves, rain poncho
- Plain household bleach and dropper for water purification and to disinfect
- Matches or lighter
- Personal hygiene items
- Hand sanitizer, soap, shampoo, toothbrush and paste, chap stick, tissues, feminine supplies
- Sunscreen, insect repellent
- Sunglasses, contact lenses and supplies
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil for leaving messages
- Books, games, etc. for children

Copies of Important Papers

Identification, proof of address, bank account records, credit card numbers, insurance policies, medications list and prescription numbers, phone numbers of family contacts, passports and birth certificates.

REMEMBER TO PLAN FOR YOUR PETS!

- Food and water for at least 3 days for each pet
- Food and water bowls and a manual can opener
- Litter, litter box or newspapers, paper towels, plastic trash bags, grooming items, bleach
- Medications, medical records in a waterproof container, first aid kit and pet first aid book
- Sturdy leashes, harnesses and carriers to transport pets safely and to ensure that your pets cannot escape. A carrier should be large enough for the animal to stand comfortably, turn around and lie down. You may need blankets or towels for bedding and warmth and other special items.
- Pet toys and the pet's bed, if you can easily take it, to reduce stress.
- Current photos and descriptions of your pets to help others identify them in case you and your pets become separated and to prove that they are yours.
- Information on feeding schedules, medical conditions, behavior problems and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care.