



Information Bulletin

72-Hour Kit Checklist

Government agencies will respond to community disasters, but citizens may be on their own for hours, even days, after disaster strikes. You should be prepared to take care of yourself and your family for at least 3 – 7 days.

Water

- 1 gallon of drinking water per person and additional water for sanitation
- Method of purifying water

Food

- 72 hour supply of food

Warmth and Shelter

- Windproof/waterproof matches
- Second method to start a fire
- Tent/shelter
- Wool-blend blanket or
- Sleeping bag
- Emergency reflective blanket
- Hand and body warming packs
- Poncho

Light Source

- Flashlight with spare batteries
- Candles
- Lightsticks

Tools

- Pocket Knife
- Shovel
- Hatchet or axe
- Sewing kit
- 50-foot nylon rope

First Aid

- First aid and supplies
- Wound dressings

Communications

- Radio with spare batteries or with alternate power sources
- Whistle

Personal Items

- Personal comfort kit (include soap, toothbrush and paste, comb, tissue, sanitary napkins, razor), and other needed items

Extra Clothing

- A complete outfit of appropriate clothing for each family member. Include extra socks, underwear, hat, sturdy shoes and gloves

Money

- At least \$50 in small bills

Important Papers

- Copies of important documents (such as birth certificates, marriage certificates, wills, insurance papers), important phone numbers, credit card information

Stress Relievers

- Games, books, hard candy. For small children: small toys, paper and pens, a favorite security item

Additional items

- Extra comfort foods
 - Camp stove with spare fuel
 - Mess kit and other cooking equipment
 - Sun screen
 - Insect repellent
 - Portable toilet
 - Snake bite kit
 - Special medication or other special needs
- ### Portable Container
- Durable water resistant back pack, day pack or duffel bag

• Additional Information •

- ❖ Your kit should be in a portable container located near an exit door of your home. This is so you can grab it on your way out of your home in an emergency. Do not overload your kit, you may have to carry it a long distance to a safe area.
- ❖ Each family member should have their own kit with food, clothing and water. Distribute heavy items between the adult's kits.
- ❖ Place clothing, matches, and personal documents in plastic bags to protect them from water.
- ❖ Keep a flashlight in the top of your kit so you can find it quickly in the dark.
- ❖ Personalize your kit; make it fit the needs of each family member.
- ❖ Inspect your kit at least twice a year. Rotate food and water as needed. Check clothing for proper fit and rotate for summer or winter needs. Replace expired item such as batteries, food, water and other items.
- ❖ Consider the needs of the older adults, infants, children, or those with special needs. Such as, medications, ointments, diapers, formula etc.