

# 72-Hour Kit Checklist

You should prepare a portable kit for each member of your family. Consider preparing one for your place of work as well as one for children to keep at school and one for the car.

- WATER. Store 1 gallon of water per person per day. Keep at least a three day supply of water.
- FOOD and UTENSILS. At least one to three-day supply of non-perishable food that could include ready-to-eat meats, juices, high-energy foods such as granola or power bars.
- NOAA WEATHER ALERT RADIO, either hand crank or battery powered, extra batteries
- BLANKETS/PILLOWS/SLEEPING BAG
- FLASHLIGHT and extra batteries or hand crank, or light sticks. Do not use candles/open flame during an emergency.
- WHISTLE for emergency signal.
- DUST or FILTER MASKS, N95 mask recommended for preventing inhalation of airborne particles.
- MOIST TOWELETTES or baby wipes for sanitation
- TOOLS - Wrench or pliers to turn off utilities, broom, shovel, Hammer and Working Gloves.
- CAN OPENER for food (if kit contains canned items).
- PLASTIC SHEETING and DUCT TAPE to “seal the room” for sheltering in place.
- MEDICATIONS to include prescription and non-prescription medications such as pain relievers, stomach remedies and etc.
- FIRST AID SUPPLIES. An assortment of bandages, ointments, gauze pads, cold/hot packs, tweezers, scissors and sanitizer.
- PERSONAL HYGIENE ITEMS to include at least one change of clothing/shoes/outerware.
- GARBAGE BAGS and plastic ties for personal sanitation.
- PAPER SUPPLIES. Note pads, markers, pens, pencils, plates, napkins, paper towels and etc.
- CAMERA. Disposable camera to record damage.
- CASH/ATM AND CREDIT CARD. Keep enough cash for immediate needs in small denominations.
- EMERGENCY CONTACT PHONE LIST.
- MAPS. Local road and area maps.
- MEDICAL HISTORY LISTS. For every family member in your home make a list of medical history, all medications (by name) and dosages.

## Emergency Container Tip:

Create emergency kit(s) and store in any type of containers with wheels. Such as for the larger kits; garbage cans, foot-lockers, chest, duffle bags, tote bags, ice chest, various size suitcases or various size plastic boxes. A water-tight container is most ideal for keeping a 72-Hour Kit.

## Suggested Areas To Store Emergency Kit(s):

Store grab-and-go food and water container where easy to access in case you are advised to evacuate.

Children and adults keep their emergency kit(s) in their bedrooms. Let the children have responsibility for their own backpack and have the older children buddy-up and take care of younger brothers or sisters. Mom, dad take care of baby.

If a senior citizen resides with the family, also buddy-up and help them for they move slower and a backpack may be too heavy for them to carry.

Don't forget house pets should also have emergency kits to be ready to grab-and-go. Pack the foods pet(s) normally eat, leashes, crates and litterbox.

Re-think where all of your camping gear is located throughout the household. Keep in one area if possible for easy access so you're not looking in the dark with a flashlight for things.

Always keep a pair of hard sole shoes underneath your bed.