

72 HOUR KIT

One way to be prepared for an emergency is to develop a 72 Hour Kit. You can personalize this list to meet your and your family's unique needs.

Storing items in a waterproof container or bag can help protect the items during an emergency.

You should update your 72 hour kit yearly to rotate food and water, replace clothing items, and update documents.

Essential needs:

Water:

- One gallon per person per day is recommended

Food:

- Easy to prepare and non-perishable items:
 - Canned juices
 - Comfort food (hard candy, lollipops, etc.)
 - Dried fruit
 - Dry cereal or granola
 - Fruit/protein bars
 - High-energy foods
 - Non-perishable pasteurized milk
 - Peanut butter

Clothing and bedding:

- Blankets/sleeping bags
- Change of clothes
- Comfortable and sturdy shoes
- Underwear and socks

Photocopy of vital documents:

- Birth certificate
- Driver's license/passport
- Important addresses, phone numbers
- Insurance policies
- Medical information
- Medication list



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Sanitation/Personal Hygiene:

- Contacts/glasses
- Deodorant
- Diapers and wipes
- Feminine hygiene products
- Hand sanitizer (at least 60% alcohol content)
- Masks
- Shampoo and conditioner
- Soap
- Toilet paper rolls
- Toothbrush, toothpaste, and floss

Tools and other supplies:

- Cash
- Extra batteries
- Flashlight and batteries
- Garbage bags
- Matches in waterproof container
- Multi-purpose tool
- Non-electric can opener
- Radio and batteries
- Rain poncho
- Refillable water bottle
- Whistle

First Aid Kit:

- Adhesive tape
- Anti-bacterial ointment
- Anti-itch cream
- Antiseptic wipes
- Bandages (all sizes)
- Gauze pads (2 and 3 inch)
- Instant ice pack
- Latex and non-latex gloves
- Little scissors
- Medicine dropper/cup
- Non-prescription medications
 - Allergy medications
 - Aspirin
 - Children's medications
 - Pain relievers
- Prescription medications (up to 7 days, or more if possible)
- Safety pins
- Tweezers



