

# 72-Hour Kits

## The essentials

- Water — one gallon (for drinking and sanitation) per person, per day, for at least three days. (This is for emergency evacuation purposes)
- Food — at least a three-day supply of nonperishable easy-to-prepare items.
- Blankets/sleeping bags/pillows/towels.
- Closed-toe, sturdy shoes.
- Gloves.
- Jacket or coat and rain poncho.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight. (Forehead light recommended so hands are free)
- Extra batteries.
- Important documents — copies of insurance policies, identification, bank accounts, birth certificates, family communication contacts and emergency medical information — stored in a waterproof and portable container.
- Prescription medication.
- Extra cash.
- Dust masks (N95 if available) to help filter contaminated air.
- Plastic sheeting and duct tape to shelter in place.
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Whistle (to signal for help)
- Basic tools: wrench, pliers, multi-purpose tool and screwdriver (sufficient to turn off utilities).
- Manual can opener.
- Local maps.
- Cell phone chargers and backup battery.
- Sanitation (toilet paper, hand sanitizer) and personal hygiene (tooth brush) items and feminine supplies.
- Matches in a waterproof container
- Tube tent
- Cord & nylon string
- First aid kit.
  - Two pairs of latex or other sterile gloves.
  - Sterile dressings to stop bleeding.
  - Soap and antibiotic towelettes.
  - Antibiotic and burn ointments.
  - Bandages in a variety of sizes.
  - Eye wash solution.
  - Thermometer.
  - Aspirin, Tylenol and Ibuprofen or other pain reliever.
  - Anti-diarrhea medication.

- Antacid.
- Laxative.
- Scissors and tweezers.
- Moleskin
- Prescription medications and medical supplies.

## Optional items

- Cash
- Mess kits, paper cups, plates, paper towels and plastic utensils.
- Extra clothes that can be washed by hand and hang dry.
- Household chlorine bleach and medicine droppers.
- Books, games, puzzles or other activities for children.
- Baby supplies – bottles, formula, wipes, diaper rash cream and diapers.
- Medical supplies – oxygen, catheters, wheelchairs, hearing aid batteries, etc.
- Two-way radios.
- Rain gear.
- Glow sticks.
- Air horn
- Micron water filter
- Sleeping pad (pool flotation lounger w/pillow)
- Prescription eyeglasses and contact lens solution
- Small fire extinguisher
- Paper and pencil.
- Extra set of car and house keys

## For your pet

- Photocopies of medical records and photos of your pets for identification purposes.
  - Medications.
  - Feeding dishes and at least a three-day supply of food and water.
  - Disposable litter trays and litter.
  - Extra collar or harness and leash.
  - Blanket and toys.
  - Sturdy pet carrier.
  - Important information and the name and telephone number of your veterinarian.
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## Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned [food](#) in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.

- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

### **Kit Storage Locations**

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.
- **Car:** In case you are stranded, keep a kit of emergency supplies [in your car](#).