

72-Hour Emergency Preparedness Kit Checklist

1. Water - One gallon per person, per day for three days:

- Two quarts for drinking
- Two quarts for food preparation

2. Food - Select foods that require no refrigeration, preparation or cooking and little or no water. Select food items that are compact and lightweight:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup (if powdered store extra water)
- Staples: sugar, salt, pepper
- High-energy foods: peanut butter, jelly, crackers, granola bars, trail mix, vitamins
- Food for infants, elderly people, or special diets
- Comfort/Stress food: cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

3. First Aid Supplies:

- Sterile adhesives bandages in assorted sizes
- 2 and 4 inch sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Sterile roller bandages
- Scissors, tweezers, needles
- Moistened Towelettes, antiseptic
- Thermometer, tongue blades safety pins
- Petroleum jelly, cleansing agents/soap
- Latex gloves
- Sunscreen
- Aspirin/pain reliever, anti-diarrhea medication, antacid, syrup of ipecac, laxatives

4. Clothing & Bedding:

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

5. Tools & Supplies:

- Mess kits, paper cups, plates, plastic utensils
- Battery operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-Electric can opener, utility knife
- Fire extinguisher
- Tube tent
- Pliers
- Tape
- Compass
- Matches in waterproof container
- Aluminum foil
- Plastic storage containers
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench to turn off household gas and water
- Whistle
- Plastic sheeting

- Map of the area
- Toilet paper, Towelettes
- Soap, liquid detergent
- Feminine supplies
- Plastic garbage bags, ties
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

6. Emergency Supplies & Special Items:

Babies

- Formula
- Diapers
- Bottles
- Powdered Milk
- Medications

Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Important family documents: will, insurance policies, contracts, deeds, stocks and bonds, bank account numbers, social security cards, passports, immunization records, credit card numbers, inventory of valuable household goods, important telephone numbers, and family records