

72 Hour Kit Checklist

There are many types of disasters: floods, fires, earthquakes, hurricanes and tornadoes, to name just a few. Government and Relief Agencies estimate that after a major disaster, it could take up to three days for relief workers to reach some areas. In such a case, your 72 Hour Kit could mean the difference between life and death. In other disasters affecting your family, a 72 Hour Kit means the difference between having a miserable experience or one that's like a pleasant family camp out.

- 3-5 gallons of water stored for sanitation and drinking
- Method of water purification
- Food
- 72 Hour Supply of Food and Water
- Warmth and Shelter
- Windproof/waterproof matches
- Second method to start a fire
- Tent/shelter
- Wool-blend blanket or
- Sleeping bag
- Emergency reflective blanket
- Lightweight stove and fuel
- Hand and body warm packs
- Poncho
- Light Sources
- Flashlight with batteries
- Candle
- Light stick
- Tools
- Pocket knife
- Shovel
- Hatchet or Axe
- Sewing kit
- 50-foot nylon rope
- First Aid
- First aid kit and supplies
- Burn gel and dressings
- Bottle of potassium iodide tablets
- Communications
- Radio with batteries or radio with alternate power sources
- Whistle with neck cord
- Personal Sanitation
- Personal comfort kit (include soap, toothbrush and gel, 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 \$20 in your kit. Be sure to include quarters for phone calls
- Important Papers
- Copies of documents important to your family (such as birth certificate, marriage licenses, wills, insurance forms), phone numbers you might need, credit card information
- Stress Relievers
- Games, books, hard candy, inspirational reading. For children: small toys, paper and pen, favorite security items
- Additional Items
- Extra food
- Camp stove
- Mess kits and other cooking equipment
- Sun block
- Insect repellent
- Portable toilet
- Snake bite kit
- Special medication or other needs
- Portable Container
- Durable water resistant duffel bag, frame pack or day pack

Important to know

1. Your kit should be in a portable container located near an exit of your house. This is so you can grab it on your way out of the house in a serious emergency. Do not overload your kit--you may have to carry it long distances to reach safety or shelter.
2. Each family member should have their own kit with food, clothing and water. Distribute heavy items between kits.
3. Enclose the extra clothing, matches, personal documents, and other items damageable by smoke or water in plastic to protect them. If it's raining when you have to evacuate, you will appreciate the dry clothes.
4. Keep a light source in the top of your kit, so you can find it quickly in the dark.
5. Personalize your kit. Make sure you fill the needs of each family member.
6. Inspect your kit at least twice a year. Rotate food and water. Check children's clothing for proper fit. Adjust clothing for winter or summer needs. Check expiration dates on batteries, light sticks, warm packs, food and water.
7. Consider the needs of elderly people as well as those with handicaps or other special needs. For example: for babies, store diapers, washcloth, ointment, bottles and pacifiers, and other special supplies.