



72-Hour Kit

During a disaster Emergency Services may be unavailable to us and our families because of the overwhelming situation or due to limited road access. It is important that we are able to sustain ourselves and our families for at least 72 hours (3 days) in an emergency situation.

Our at-home emergency kits can be stored anywhere in our homes that will be easily accessible to all members of the family. This can be the garage, the pantry, a closet, or under the bed. The contents can be kept in a duffle bag, storage tote, or in a large box; which ever works best for our personal storage situation. Make sure that all members of the family know where the emergency kit is located.

What is included in a 72-hour kit?

We should use this checklist as a guide when putting together our emergency supplies kits:

Food and Water

- Infant formula and baby food
- A variety of canned foods such as canned fruits, veggies, chili, beans, and tuna fish. Purchase cans that do not require a can opener when possible
- Protein bars, granola bars, crackers, cereal, and trail mix
- Powdered milk
- Canned juice
- Drinking water – 1 gallon minimum or 3 gallons recommended per person per day
- Purification tablets for drinking water
- Other

Personal Care and Sanitation

- Prescription medication to last 3 days
- Aspirin, Tylenol, and ibuprofen
- First aid kit
- Extra contact lenses or spare pair of glasses
- Hygiene products (soaps, shampoo, lotions, deodorant, toothbrush, toothpaste, feminine products)
- Rolls of toilet paper and boxes of tissue
- Enough diapers to last 3 days
- Trash bags for personal use
- Sanitation water – store large containers of tap water that you can use for dishes, washing yourself, and flushing the toilet
- Other

Miscellaneous Tools and Supplies

- A can opener (if any of your canned foods require it)
- Pocket knife
- Battery powered clock-radio with spare batteries
- Flashlights with spare batteries
- Candles or battery operated lanterns
- Lighter and/or matches (preferably waterproof)
- Wrench to turn off gas
- Alternate source of heating (e.g. long burning logs if you have a fireplace)

Personal Records and Emergency Funds *(should be stored in a waterproof bag preferably in a safe)*

- Insurance policies
- Birth certificates
- Marriage license
- Wills
- Vaccination and medical records
- Extra cash
- Emergency credit card

Comfort and Stress Management Supplies

- Games and/or toys for entertainment
- Comfort foods such as types of candy bars or other types of comfort snacks
- Special blankets or stuffed toys

Pet Care Supplies

- Food and water to last 3 days
- Pictures and descriptions of all pets in case they become lost.
- Pet vaccination records
- Pet medications
- Phone numbers and addresses of boarding facilities