



72-HOUR KIT CHECKLIST

Like the name implies, a 72-hour kit should contain enough supplies to last each person in your family three or more days.

- Copies Of Important Documents In Water Proof Covers (Birth Certificates, Insurance, Etc.)
- Battery Powered AM/FM Radio
- 3 Gallons Bottled Water Per Person
- Water Filter or Purifying Tablets
- Medicine Including Painkillers, Prescriptions and Antibiotics
- Personal Hygiene Supplies
- Compact Camp Stove with Fuel
- Gum or Hard Candy
- Extra Batteries for Flashlights, Radios and
- Phones
- Reflective Emergency Blankets
- First Aid Kit
- Heavy-Duty Trash Bags
- LED Flashlights
- Easy to Prepare Food with a Long Shelf Life
- Multi-Tool Knife
- Whistle
- Waterproof Matches
- 25-50 Feet Of 550 Paracord
- \$100-\$300 Cash in Small
- Denominations

TIPS:

Pack your 72-hour kit into an easily portable bag like a backpack or duffel. In case of emergency evacuation you may only have minutes to leave. Packing your kit in a backpack will allow you to keep your hands free to carry children, pets and other important things. It may be impractical to carry all of your bottled water with you but carry what you can.

Have a way to cook your food and boil water. Propane and charcoal cookers give off carbon monoxide so use only in a well ventilated area.

Store food that is easy to prepare and that you like to eat. Maintaining morale is important in stressful emergency situations.

Be financially prepared for disaster. Recovering from an emergency can be expensive. Have enough in your savings account to live off of for 3-6 months.

RESOURCES:

Ready.gov (www.ready.gov)
American Red Cross (www.redcross.org/prepare)
Emergency Preparedness & You (emergency.cdc.gov/preparedness)
72Hours.org (www.sf72.org)

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