

72-Hour Kit Checklist

Below is a checklist of important items you'll want to add to your emergency supply. Collect everything you need and rest easy that you and your family are covered in the event of a natural disaster or other emergency.

EMERGENCY PLANNING

- Shelter Plan**
Place to ride out disaster in locations you spend time
- Evacuation Plan**
Where to meet & how to safely exit buildings/neighborhood/town. Include local maps.
- Communications Plan**
How to stay in touch, keep informed, and contact rescuers
- Hospital Route Map**
Multiple routes to nearest hospital plus a backup hospital
- Emergency Contact Information**
Emergency responder info, phone #s of family & out-of-town contacts
- Important Documents**
Driver's license, social security card, will, birth certificates, bank information, & insurance forms

WATER

- Water Filter**
Portable water bottle type, straw type or pump/filter combo
- Portable Water**
30-year aluminum cans

FOOD

- 72-Hours of Portable Food**
6,000 to 7,000 calories: Datrex bars, MREs, and/or pouches of freeze-dried food

LIGHT & COMMUNICATION

- LED Flashlights**
Water resistant w/ solar power and work light
- Small Radio**
Water resistant w/ solar, battery power, and/or hand crank
- Two-Way Radio**
Long range "walkie talkies"
- 12-Hr. Light Sticks**
- 5-Hour+ Candle**
- Signal Whistle**
- Signal Mirror**

SHELTER

- Mylar Emergency Blankets**
- Sleeping Bag**
appropriate for climate & location
- Water Resistant Poncho**
- Nylon Rope**
- Small Hand Fan**
- Hat/Headwear**
Lightweight headwear appropriate for climate & location
- 1-2 Days Change of Clothes**
Don't forget underwear and socks!
- Wrench or Pliers**
To turn off utilities
- Plastic Sheeting & Duct Tape**
In case you shelter in place

FIRE & WARMTH

- Water Resistant Matches**
- Fire Sticks**

SANITATION

- Toilet Paper**
- Toothbrush & Toothpaste**
- Hand Sanitizer**
- 3-5 Face Masks**
- Sanitary Napkins (If Needed)**
- Antiseptic Pads**
- Comb**
- Garbage Bags**

STORAGE & TOOLS

- Comfortable Backpack**
- Pocket Knife**
- PVC/Waterproof Pouches**

MONEY

- At Least \$150 in Small Bills & Coins**

POWER

- Solar Power Bank**
If possible, included as part of flashlight or radio
- Power Cord[s]**
For devices, phones, & two-way radios

FIRST AID

- Minimum 12-pc. Kit**
Includes antiseptic pads, sterile pads, multiple sized bandages, & adhesive strips, hot and cold packs
- 3-5 Days Medication (If Needed)**