

Preparing a 72 hour kit

There are many types of disasters: floods, fires, earthquakes, hurricanes and tornadoes. It is estimated that after a major disaster, it may take up to three days for relief workers to reach some areas. It would be wise to consider a Go Pack that you could live on for 7-10 days. In such a case, if you live in a disaster prone area a 72-hour kit is the minimum you should have available.

Plan your go pack accordingly to your family's size.

72 Hour Kit

1-2 gallons of water per person , per day should be stored for sanitation and drinking
Method of water purification
Food
72 + Hour Supply of Food and Water
Warmth and Shelter
Wmdproof/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 \$50 in small bills in your kit. Be sure to include quarters and dimes for phone calls
Stress Relievers
Games, books, hard candy, inspirational reading. For children: small toys, paper and pen, favorite security items
Important Papers
Copies of documents important to your family (such as birth certificates, marriage licenses, wills, insurance forms), phone numbers you might need, credit card information
Additional Items
- Extra food
- Camp stove Mess kits and other cooking equipment
- Sun block
- Insect repellent Portable toilet - Special medication, extra glasses
- Portable Container
- Durable water resistant duffel bag, frame pack or day pack