

# Make an Emergency Kit



#### Emergency Kit Checklist

The 72-Hour Emergency Kit should meet the basic survival needs of your family for 3-7 days.

Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required.

Store items in a 32-gallon trashcan, suitcase, duffle bag, backpack, footlocker, or individual packs for each family member.

## **Emergency Needs**

- battery powered radio and/or NOAA weather radio
- o first aid kit & manual
- sleeping bags & blankets (wool & thermal)
- o manual can opener
- o waterproof/windproof matches
- o non-perishable foods
- o flashlight

- water storage (1 gallon per person per day)
- o water purification tablets
- o utility knife
- emergency battery-operated candles or light sticks
- extra eyeglasses/contact lenses
- essential medications
- o extra clothing

#### Suggested Non-Perishable Food Items

Ready-to-eat goods in unbreakable containers

- o canned or 'stay fresh pouch' meats
- o juice
- o dehydrated fruits & vegetables
- o powdered milk

- o infant care foods
- o crackers
- o peanut butter

#### Sanitation Kit

- plastic bucket w/tightly fitted lid
- o plastic bags & ties
- o disinfectant
- improvised toilet seat
- o paper cups & plates
- o personal toiletries

- baby supplies
- o aluminum foil
- o paper towels
- personal hygienic needs
- plastic utensils
- o soap

### Other Emergency Needs

- o Pen & paper
- Money
- Address & phone numbers

- Work gloves
- Basic tools

#### Standard First Aid Kit

- o first aid manual
- o aspirin or pain relievers
- o laxatives
- o rubbing alcohol
- o diarrhea medicine
- o petroleum jelly
- o soap
- o salt
- o gauze
- band-aids
- o triangular bandage (36"x36"x52")
- o elastic bandage
- o cotton balls
- o cotton swabs
- o safety pins

- o scissors
- o thermometer
- sanitary napkins (also use as a pressure dressing)
- disposable diapers (also use as a dressing/ splint/padding)
- o microspore adhesive, paper tape
- o matches
- o needles
- tweezers
- o small splints, popsicle sticks
- heavy string
- syrup of ipecac
- individual medical needs

#### Car Survival Kit

- o always maintain at least 1/2 tank of gas
- o first aid kit & manual
- o Class ABC fire extinguisher
- o radio & batteries
- o non-perishable food stored in coffee can
- o bottled water
- o bag of sand, shovel & tools
- o blankets or sleeping bags

- sundry kit with paper & pencil, maps, tissues, premoistened towels, plastic bags, essential medications
- o flashlights & extra batteries
- o reflectors & flares
- o jumper cables
- o short rubber hose for siphoning

# Make Copies of All Legal Papers

- marriage license
- o house mortgage
- o vacation home / property ownership
- o automotive ownership
- o motor home ownership
- o wills

- o jewelry appraisals
- o drivers licenses
- o trailers, snowmobiles, boat ownerships
- o insurance policies
- bank accounts

## When Assembling Emergency Supplies for the Household, Include Items for Pets

- Extra food stored in sturdy containers
- Kitty litter

- Large capacity self-feeder and water dispenser
- Extra medications