



# 72-Hour Kit Supply List for Emergency Preparedness

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Most emergency preparedness lists, such as FEMA and the Red Cross, focus on basic items. FEMA prompts you to “*review their list and consider the unique needs of your family*” and emphasizes their list to be a “*starting point.*” This can be overwhelming, and many people appreciate starting with a more comprehensive list to customize.

This list is meant to expand upon a basic 72-hour list by including specific suggestions for the comfort and safety of individuals while keeping budget, simplicity, and storage considerations in mind.

## General Information and Documents

- Pictures of family and pets for re-identification
- Pet microchip information
- Copies of personal documents – health and home insurance policies, identification...
- Contact list – phone numbers and addresses, including out of state contacts
- Extra keys to home and vehicles (stored securely)
- Emergency cash in small denominations
- Local maps
- Useful resource guides - first aid, Red Cross, printed how-tos...

## Sanitation

- Hand sanitizer
- Disinfecting wipes
- Toilet paper
- Baby wipes
- Tissue
- Trash bags
- Paper towels
- Soaps – dish, hand, and laundry
- Disposable gloves



- Separate additional toilet kit
  - All kits require bags, toilet paper and/or wipes, and hand sanitizer
  - Consider a pop-up tent or hanging tarp for privacy
  - Toilet options, in order of cost, include:
    - 5-gallon bucket with a pool noodle topper (cut a slit along the length of the pool noodle and set on the rim of the bucket for padding)
    - Commercially available emergency toilet bucket topper or full toilet

### **Health and Safety**

- Well-fitting masks – protection from germs and air quality issues
- Eye protection – protection from air quality issues and dust/debris
- Medication list and pertinent medical info like allergies or conditions
- Prescriptions or medical equipment – keep a list with your emergency kit of what to gather quickly if time allows (and an empty bag to gather items, if needed) or store duplicates in your kit
- Spare prescription glasses
- Over-the-counter medications – refer to Sandra Bardas' Pill Drill for guidance.
- First aid kit
- Sunscreen, hat, and bug repellent – you might be spending long periods of time outdoors
- Multivitamins – boosts health and immunity in times of stress and a potentially unusual diet
- Emergency whistles – to get attention
- Visibility gear – reflective vests, reflective tape added to clothing and gear, and/or glow sticks/bracelets

### **Shelter and Heat**

- Rain poncho
- Hand warmers
- Blankets – fabric and/or space blankets
- Sleeping bags – camping and/or emergency sleeping bags
- Tents – camping and/or emergency tents

## **Communication**

- Paper pad and pens/pencils
- Permanent marker
- Sidewalk chalk
- FRS radio (walkie talkie)
- Emergency radio
- Backup phone battery and charger

## **Personal Care**

- Personal hygiene items – toothpaste and brush, period supplies, soap, shampoo, comb, deodorant, Q-tips, hair ties, nail clippers, small towel
- Full change of clothes – socks, underwear, long pants, long sleeve shirt, sturdy shoes, coat and hat

## **Tools and Gear**

- Rope
- Plastic sheeting
- Duct tape
- Work gloves
- Multi tool
- Gas shut-off tool (mine is attached to the meter)
- Travel sewing kit

## **Food And Water**

- One gallon per person per day of water
- Refillable water bottle
- Water purification methods
  - Water filter – examples are in-bottle filter, Lifestraw, pump-style filter
  - Chemical water purifier – commercial or bleach
- Drink mixes, tea, and coffee packets – to mask unpleasant water taste
- Food for 72 hours, minimum
  - Consider preparation requirements, like water needed to rehydrate, and if cooking is needed

- Look at overall calories, not just claims of serving size for prepared foods
- Cooking equipment – can opener, cooking vessel and spoon, camp stove and propane, foil
- Serving supplies – disposable plates, bowls and cutlery
- Food storage – bag clips, zip top bags

### **Light and Fire**

- Fire starters – matches (regular and waterproof), lighter and flint
- Fire accelerant – commercial or DIY
- Flashlight
- Headlamp
- Glowsticks
- Lanterns

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