

# Emergency Elle's 72-Hour Kit Checklist

You should prepare a portable kit for each member of your family. Consider preparing a personal kit for your work, as well as one for children to keep at school and one for the car. Check/update your kit every six months.

## **Water**

- Water (1-2 Gallon Per Person, Per Day) – (For sanitation and drinking)
- Method of Water Purification

## **Food** (3-Day Supply of Non-Perishable, Nutritious Food)

- Ready-to-Eat Meals
- Protein/Granola/High-Energy Bars
- Trail Mix/Dried Fruit
- Crackers/Cereals
- Canned Tuna, Beans, Turkey, Beef, Vienna Sausages, etc (Consider: "pop-top" cans may pop-open/spoil during storage.)

## **Bedding and Clothing**

- Change of Clothing (long sleeved shirt, pants, underwear, jacket, socks, hat, shoes, gloves, etc.) – Pack extra clothing, if possible.
- Rain Coat/Poncho
- Sleeping Bags
- Blankets and Emergency Heat Blankets (reflective, wool-blend)
- Cloth Sheet
- Tent

## **Fuel and Light**

- Battery Lighting (with batteries) - Flashlights, Lamps, etc.
- Extra Batteries
- Flares
- Light Stick
- Lighter
- Wind-Proof/Water-Proof Matches

- Lightweight Stove and Fuel
- Hand and Body Warm Packs

## **Equipment**

- Can Opener
- Dishes/Utensils (durable plastic or camping style)
- Shovel
- NOAA Weather Alert Radio – Hand-cranked or a battery-powered (with extra batteries)
- Pen and Paper
- Hatchet or Axe
- Pocket Knife
- Rope (50-foot nylon)
- Plastic Sheet (for sealing a room or shelter)
- Duct Tape
- Garbage Bags and ties
- Sewing Kit
- Whistle with neck cord
- Dust or Filter Masks (N95 Masks are recommended)
- Working Gloves

## **Personal Supplies and Medication**

- First Aid Kit and Supplies (an assortment of bandages, ointments, gauze pads, cold/hot packs, tweezers, scissors, sanitizer)
- Toiletries (roll of toilet paper (remove the center tube to easily flatten into a zip-lock bag), feminine hygiene, moist towelettes/baby wipes for sanitation, etc.)
- Personal Supplies - Mini hand sanitizer, folding brush, soap, shampoo, dish soap, etc. (Consider: 1- Scented soap might "flavor" food items. 2- Place liquid items in separate zipped baggies.)
- Immunizations Up-to Date
- Medication (Pain relievers, stomach remedies, children's medication etc.)
- Prescription Medication (Minimum 3 days)
  - It's best to include a week's supply of prescription and over-the-counter medications. Also, keep a list of all medications and dosages, allergies, doctors' names, and nearby hospitals in your kit.

## **Personal Documents and Money**

- Place these items in a water-proof containers/zipped baggies.
- Legal Documents (ID, Birth/Marriage Certificates, Wills, Passports, Contracts, Insurance Policies)
- Vaccination Papers
- Medical History Lists – Include list of medication (RX name and dosage)
- Cash (Minimum: \$50 in small bills. Plus include quarters and dimes.)
- Credit Card (Don't rely on credit cards as ATMs, banks, etc may be closed following a disaster)
- Pre-Paid Phone Cards
- Scriptures
- Genealogy Records and Patriarchal Blessing

## **Infant Needs**

- Food (Formula, Cereals, Jar Food, etc) – (Consider: Jar food may break open. Put in separate zipped bag to prevent spillage, if broken)
- Diapers (When grown out, consider keeping diapers for first-aid needs)
- Baby Wipes
- Medications

## **Pet Supplies**

- Food
- Vaccination Information
- Leash
- Medication

## **Additional Items**

- Phone numbers and addresses (family members, doctor, hospital, etc)
- Local maps (highlight all possible evacuation routes)
- Stress Relievers- Games, books, hard candy, inspirational reading.  
Small children: small toys, paper and pen, favorite security items.
- Extra Food
- Sunblock
- Insect Repellent
- Portable Toilet
- Extra Glasses
- Disposable Camera (for recording damage)
- Camp Stove Mess Kits and Cooking Equipment

## **Durable Containers/Carriers to put your 72-Hour Kit items in:**

- Consider any of these items with wheels
- Water-tight containers are most ideal
- Make sure you can lift/carry/tow it
  - Duffel bag
  - Backpack
  - Bucket with lid
  - Suitcase, various sizes
  - Garbage Can, with wheels
  - Chest
  - Ice Chest
  - Wagon (to tote children or kits)

## **Notes:**

- Update your 72 Hour Kit every six months (put a note in your calendar) to make sure that: all food, water, medication and batteries have not expired; clothing fits; personal documents and credit cards are up to date; etc.
- Small toys/games are important as they will provide some comfort and entertainment during a stressful time.
- Let older children be responsible for their own emergency kits.
- Younger children and senior citizens may not be able to carry their own emergency kits. Prepare to take theirs, if needed.
- Include any other items in your 72-Hour Kit that you feel are necessary for your family's survival.
- Some items and/or flavors might leak, melt, "flavor" other items, or break open. Dividing groups of items into individual Ziploc bags might help prevent this.
- Store emergency kits in easily accessible areas.
- Have an emergency plan. Discuss this plan with your family members every 6 months or more often, if needed.
- Exercise. Emergencies can require a lot, physically, out of everyone. Be sure you and your family exercise, so that you are prepared physically at the time of an emergency.

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