

HOW TO ASSEMBLE A 72-HOUR KIT

A 72-hour kit is a personal kit containing a collection of items you may need to survive a disaster. Each household member's kit should be packed in a sturdy, easy-to-carry container, such as a backpack, tote, or suitcase on wheels. The kit should be easily accessible if you have to leave home in a hurry. Make sure it is ready to go at all times of the year. Start with the essentials (Phase 1). When finances allow, add more supplies (Phase 2).

PHASE 1: MINIMAL CONTENTS

Non-Perishable Food:

Have at least three days worth of NON-PERISHABLE food that needs no cooking or hot water before it can be eaten. This can include:

- Canned tuna
- Jerky
- Pork and beans
- Peanut butter
- Canned fruit
- Dried fruit
- Fruit leather
- High calorie food bars
- Powdered or boxed milk
- Canned or boxed juices
- Crackers
- Granola bars
- Trail mix
- Meals Ready to Eat (MREs)

Remember to include eating utensils and a can opener if the cans do not have a flip top lid.

Survival Supplies:

- Flashlights/extra batteries/light sticks
- Blankets (consider mylar)
- Lightweight rain gear
- Card with out-of-state contacts and meeting info
- Pocket first aid kit
- Sunscreen
- Medications (refill before expiration)
- Child care supplies other special care items

Be sure to wear sturdy, comfortable shoes if an evacuation is necessary.

Water:

Water is more important than food for survival. The Red Cross recommends at least 1 gallon of water per person per day (half for drinking and half for sanitation). It is difficult to carry that much water in a backpack, so put in as much water as you can carry with your other supplies. Consider putting the remaining water in PORTABLE containers that can be taken with you.

Critical Personal Information: *Include the following items in a waterproof and portable container.*

- Insurance information
- Photo ID, such as a drivers license
- Birth certificates
- Computer back-up CDs
- Medical history
- Utility and financial records
- Wills
- Extra set of car and house keys
- Credit cards /ATM cards
- Cash in small denominations (\$50-\$100)
- Out-of-state contact phone numbers, coins, and phone cards so you can communicate with relatives. (Remember: cell phones may not work after a disaster.)

PHASE 2: WHEN FINANCES PERMIT

- Battery/crank radio
- Small regional map
- Pocket knife
- Whistle
- Dust masks
- Heavy gloves
- Rope
- Plastic sheeting and duct tape for sheltering in place
- Trowel and toilet tissue
- Wet wipes
- Towel
- Personal hygiene items (soap, feminine hygiene products, tooth brush, toothpaste, etc.)
- Clothes
- Pocket sewing kit
- Paper and pencil
- Stress relievers (games, books, etc.)

HOUSEHOLD DISASTER PLAN

Develop a household disaster plan to prepare for an emergency. Decide where your household will reunite after a disaster by choosing a location right outside your home and one outside your neighborhood. Make sure everyone knows the address and phone number of the second meeting place. Know and practice all possible exit routes from your home and neighborhood. Designate an out-of-state friend or relative that household members can call if separated during a disaster. If phone circuits are busy, this contact can be an important way of communicating between household members.