

# 72-HOUR KIT CHECKLIST

## THE BASICS

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and a NOAA weather radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First-aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton T-shirt, to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

## WARMTH & SHELTER

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket for each person

## OTHER ITEMS

You might also consider:

- Mess kit and cooking supplies
- Cash, traveler's checks or change
- Work gloves and clothes
- Compass, GPS or navigation items
- Tools like a fold up shovel, knife, etc.
- Copies of important family and medical documents

EMERGENCY CONTACT (OUT OF STATE)

