

72 HOUR DISASTER KIT

PLEASE REMEMBER your kit should be adjusted to accommodate any personal/special needs your family may have. Please also remember that some items will need to be rotated regularly to ensure they aren't past their usable date.

WATER:

- Store at least one gallon of water per person per day (three days worth). (If your household members include pets, remember to consider their needs in your plan.)
- Store your water in plastic containers such as soft drink bottles. Avoid using containers which can decompose such as milk cartons, or which can break such as glass containers.
- Remember children, nursing mothers and ill people will most likely need more.

FOOD:

- Store at least a three-day supply of non-perishable food. Select foods which require no refrigeration, preparation or cooking, and little or no water.
- Ready to eat canned meats, fruits & vegetables
- Canned juices
- High energy foods
- Manual can opener

FIRST AID KIT (some suggested items include):

- Adhesive bandages of various sizes
- 5"x9" sterile dressing
- conforming roller gauze bandage
- triangular bandages
- 3x3 sterile gauze pads
- 4x4 sterile gauze pads
- 3" roll of cohesive bandage
- germicidal hand wipes or waterless alcohol-based hand sanitizer
- antiseptic wipes
- large medical grade non-latex gloves
- 2" adhesive tape
- Anti-bacterial ointment
- Cold pack
- Scissors (small)
- Tweezers
- CPR breathing barrier, i.e. face shield

NON-PRESCRIPTION DRUGS:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (used to induce vomiting if advised to by the Poison Control Center)
- Laxative
- Activated charcoal (used if advised to by the Poison Control Center)

PRESCRIPTION DRUGS:

- Three day supply of whatever prescription drugs you or your family members may take on a regular basis. (i.e. asthma medication, blood pressure medication, etc.)

CONSULT WITH YOUR PHYSICIAN OR PHARMACIST ON HOW THESE MEDICATIONS SHOULD BE STORED!!

TOOLS & SUPPLIES:

- Paper cups & plates, plastic utensils, or mess kits
- Battery operated radio with extra batteries
- Flashlight with extra batteries
- Cash or traveler's checks/change
- Non-electric can opener, utility knife
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum Foil
- Signal Flare
- Paper/pencils
- Needles/Thread
- Shut-off wrench to turn off household gas & water (remember utilities-especially gas- should only be turned back on by a professional)
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

SANITATION:

- Toilet paper/towelettes
- Soap/liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags with ties
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

CLOTHING & BEDDING:

- Include at least one complete change of clothing & footwear per person
- Sturdy shoes/work boots
- Rain gear
- Blankets or sleeping bags
- Hat & gloves
- Thermal underwear
- Sunglasses
- Coat/Jacket

IMPORTANT FAMILY DOCUMENTS (keep these items in a waterproof/portable container)

- Will, insurance policies, contract deeds, stocks & bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers & companies
- Inventory of valuable household goods
- Important telephone numbers
- Family records (birth, marriage, death certificates)
- Cash or Traveler's Checks