

## Preparing a 72 hour kit

There are many types of disasters: floods, fires, earthquakes, hurricanes and tornadoes. It is estimated that after a major disaster, it may take up to three days for relief workers to reach some areas. It would be wise to consider a Go Pack that you could live on for 7-10 days. In such a case, If you live in a disaster prone area a 72-hour kit is the minimum you should have available.

Plan your go pack accordingly to your family's' size.

### 72 Hour Kit

- 1-2 gallons of water per person , per day should be stored for sanitation and drinking
- Method of water purification
- Food
- 72 + Hour Supply of Food and Water
- Warmth and Shelter
- Windproof/waterproof matches
- Second method to start a fire
- Tent/shelter
- Wool-blend blanket or
- Sleeping bag
- Emergency reflective blanket
- Lightweight stove and fuel
- Hand and body warm packs
- Poncho
- Light Sources
- Flashlight with batteries
- Candle
- Light stick
- Tools
- Pocket knife
- Shovel
- Hatchet or Axe
- Sewing kit
- 50-foot nylon rope
- First Aid
- First aid kit and supplies
- Burn gel and dressings
- Bottle of potassium iodide tablets
- Communications
- Radio with batteries or radio with alternate power sources
- Whistle with neck cord
- Personal Sanitation
- Personal comfort kit (include soap, toothbrush and gel, comb, tissue, sanitary napkins, razor), and other needed items
- Extra Clothing
- A complete outfit of appropriate clothing for each family member. Include extra socks, underwear, hat, sturdy shoes, and gloves
- Money
- At least \$50 in small bills in your kit. Be sure to include quarters and dimes for phone calls
- Stress Relievers  
Games, books, hard candy, inspirational reading. For children: small toys, paper and pen, favorite security items
- Important Papers
- Copies of documents important to your family (such as birth certificates, marriage licenses, wills, insurance forms), phone numbers you might need, credit card information
- Additional Items
  - Extra food
  - Camp stove Mess kits and other cooking equipment
  - Sun block
  - Insect repellent Portable toilet - Special medication, extra glasses
  - Portable Container
  - Durable water resistant duffel bag, frame pack or day pack