

BUILD AN EMERGENCY 72-HOUR KIT



Gather items you'll need to build your kit over the course of six weeks

Weekly supply list (3x):

- ☐ 1 gallon of water per person
- ☐ 1 can/jar of protein (meat, fish beans, or nut butter)
- ☐ 1 can of ready-to-eat soup
- ☐ 1 can preserved fruit or bag of dried fruit
- ☐ 1 can of vegetables
- ☐ Any special foods (diabetic, etc.)
- ☐ 1 box of cereal or crackers
- ☐ Quick snacks (e.g. nuts, fruit, etc.)

Hygiene, first aid and medical items to include:

- ☐ First aid kit
 - ☐ Soap and shampoo
 - ☐ Toilet paper
 - ☐ Tooth-brush and paste
 - ☐ Hand sanitizer
 - ☐ Hand and dish soap
 - ☐ Aspirin or acetaminophen
 - ☐ Face masks
 - ☐ Scissors and sewing kit
 - ☐ Thermometer
 - ☐ Medical devices
 - ☐ Back up power for medical devices
 - ☐ Additional 7 day supply of prescription medications
 - ☐ Over the counter medicine
 - ☐ Vitamins
 - ☐ Any items you require for daily needs
- Note expiration dates for replacement

Start gathering or purchasing these items:

- ☐ Fire extinguisher
- ☐ Extra batteries and cords for electronic devices
- ☐ Rain protection
- ☐ Emergency blankets
- ☐ Extra clothes (consider layers)
- ☐ Cash, credit cards
- ☐ Vital documents (e.g. identification, insurance information, etc.)

Supply or gather once:

- ☐ 1 box of bars (high protein/calorie)
- ☐ Hammer, screwdriver, wrench and crowbar
- ☐ Rope and duct and plumber's tape
- ☐ 2 crank or battery-powered flashlights
- ☐ Hand/foot warmers
- ☐ Heavy-duty garbage bags
- ☐ Waterproof container with vital documents
- ☐ Portable radio with batteries
- ☐ Pliers and work gloves

Additional items to gather:

- ☐ Assorted containers, food bags and aluminum foil
- ☐ Instant coffee, tea, drinks
- ☐ Hand powered can opener
- ☐ 3 rolls of paper towels
- ☐ Paper plates, cups and utensils

Remember to:

- Replace your emergency water supply every six months
- Buy food you enjoy, this will make it easier to rotate your supplies
- Find ways to swap out your emergency food supplies such as a camping trip or food donations
- Consider the unique needs of kids and pets

Know Your Risk, Make a Plan, Take Action