

# 72 Hour Preparedness supplies



*Emergency Supplies*

Disaster can strike quickly and without warning. You can be forced to evacuate your home or to be confined to your home or place of employment. What would you do if did not have water, electricity, gas, or telephone after a major emergency? Emergency responders, including Fire and Police will respond, but they cannot reach everyone right away. Families need to be prepared to cope with any disaster as they may be on their own for up to 72 hours. Building and maintaining an emergency supply kit for your home can make a difference.

## 72 Hour Emergency Supplies for your Home

### General Emergency Supplies

- Water (3 gallons per person) to last 3 days
- Duffel bags, or other durable containers for all items listed below
- Non-perishable, ready-to-eat food
- Manual can opener and basic food utensils
- Mess kits, or paper plates and cups, and plastic silverware
- Small camp stove or “Canned heat” (Sterno)
- Household liquid bleach (unscented) and medicine dropper
- Resealable plastic bags
- Flashlight with batteries and a spare bulb
- Portable radio with spare batteries
- Paper and pencil
- Pliers/wrench/screwdriver
- Small shovel
- Pocket Knife
- Duct tape
- Whistle
- Small A-B-C type fire extinguisher
- Large Tarp/Tent
- Work Gloves
- Lighter/Matches
- Bucket

### Hygiene and Personal Care

- Toilet paper
- Pre-moistened towelettes
- Personal hygiene items such as bar soap, shampoo, toothbrush, hand sanitizer, etc.
- Feminine supplies
- Heavy-duty plastic garbage bags with ties
- Medium size plastic garbage bags for toilets

## **Supplies for Infants and Children**

- Formula and bottles
- Powdered milk
- Comfort teddy bear
- Disposable diapers

## **For Each Member of the Household**

- One complete change of clothing
- Sturdy shoes(keep by bed)
- Rain poncho
- Warm cap and gloves
- Blanket or sleeping bag for each person

## **First Aid and Medical**

- Basic First Aid Book
- Basic first aid kit
- 7-10 days of any prescription medications
- Personal list of medications
- Denture needs
- Spare contact lenses and supplies
- Pair of extra eyeglasses
- Spare hearing aid batteries

## **Other**

- Pet food and extra water for pets
- Games, books, other entertainment, especially for children
- Cash, checks, credit cards, roll of quarters and dimes for pay phones
- Insurance policy numbers
- Name and number of insurance agent and doctors
- Out of state contact number and numbers of people you want to contact
- Photo identification (Old driver's license)

## **Storage of Supplies**

Store emergency supplies in one location that is cool, dark and safe (such as garage corner, closet, or under a bed). Use clean portable containers such as a garbage can on wheels, plastic tubs with lids or duffle bags. Replace stored food and water once a year.