

# 72 HOUR KIT

THE ESSENTIALS YOU'LL WANT  
TO HAVE IN AN EMERGENCY

## ITEMS FOR YOUR 72-HOUR (3 DAY) PACK:

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- Water – one gallon per person per day – so 3 gallons for a 72-hour pack
- Food – non-perishable and easy to prepare a minimum of 2 meals a day
- Emergency blanket
- Extra socks and a change of clothing
- Flashlight with extra batteries
- Battery-powered or hand-cranked radio for weather and news updates
- First aid kit
- Maps
- Medications (7-day supply) and necessary medical items
- Multi-purpose tool, rope and gloves
- Fire extinguisher
- Sanitation and personal hygiene items (tooth paste, tooth brush, soap, etc.)
- Copies of personal documents  
Prescriptions
- Emergency contact information
- Insurance information
- Passports
- Birth certificates
- Banking details
- Cell phone and extra chargers
- Cash
- Whistle
- Disposable cups, plates and utensils
- Paper and pencil

## PLANNING AS A FAMILY

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If you are planning as a family, not every member will need to carry all of these items. Parents should carry important papers, but every member, even the youngest need to have emergency contact information with them along with some cash, water, food and protective clothing.

Planning as a family might lead you to realize that you want to customize your kits to include some of the following depending on your needs:

- Baby supplies
- Games or activities for children
- Reading materials
- Pet supplies
- Two-way radios
- Car keys and house keys
- Manual can opener
- Portable water purification kit
- Matches
- Dust mask, duct tape and plastic sheeting
- Tent
- Sleeping bags and extra blankets