72-Hour Emergency Preparedness Kit Checklist

1. Water - One gallon per person, per day for three days:
   - Two quarts for drinking
   - Two quarts for food preparation

2. Food - Select foods that require no refrigeration, preparation or cooking and little or no water. Select food items that are compact and lightweight:
   - Ready-to-eat canned meats, fruits, and vegetables
   - Canned juices, milk, soup (if powdered store extra water)
   - Staples: sugar, salt, pepper
   - High-energy foods: peanut butter, jelly, crackers, granola bars, trail mix, vitamins
   - Food for infants, elderly people, or special diets
   - Comfort/Stress food: cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

3. First Aid Supplies:
   - Sterile adhesives bandages in assorted sizes
   - 2 and 4 inch sterile gauze pads
   - Hypoallergenic adhesive tape
   - Triangular bandages
   - Sterile roller bandages
   - Scissors, tweezers, needles
   - Moistened Towelettes, antiseptic
   - Thermometer, tongue blades safety pins
   - Petroleum jelly, cleansing agents/soap
   - Latex gloves
   - Sunscreen
   - Aspirin/pain reliever, anti-diarrhea medication, antacid, syrup of ipecac, laxatives

4. Clothing & Bedding:
   - Sturdy shoes or work boots
   - Rain gear
   - Blankets or sleeping bags
   - Hat and gloves
   - Thermal underwear
   - Sunglasses

5. Tools & Supplies:
   - Mess kits, paper cups, plates, plastic utensils
   - Battery operated radio and extra batteries
   - Flashlight and extra batteries
   - Cash or traveler’s checks, change
   - Non-Electric can opener, utility knife
   - Fire extinguisher
   - Tube tent
   - Pliers
   - Tape
   - Compass
   - Matches in waterproof container
   - Aluminum foil
   - Plastic storage containers
   - Paper, pencil
   - Needles, thread
   - Medicine dropper
   - Shut-off wrench to turn off household gas and water
   - Whistle
   - Plastic sheeting
Map of the area
Toilet paper, Towelettes
Soap, liquid detergent
Feminine supplies
Plastic garbage bags, ties
Plastic bucket with tight lid
Disinfectant
Household chlorine bleach

6. Emergency Supplies & Special Items:

Babies
- Formula
- Diapers
- Bottles
- Powdered Milk
- Medications

Adults
- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Important family documents: will, insurance policies, contracts, deeds, stocks and bonds, bank account numbers, social security cards, passports, immunization records, credit card numbers, inventory of valuable household goods, important telephone numbers, and family records