

72 HOUR EMERGENCY KIT CHECKLIST FOR: (Name) _____

Check off the items you have. Circle the items you need and write in the quantity needed.

* **Keep kits containing these items out of reach of small children. Store these items for small children in an adult's kit.**

WATER:

- 64 oz. (more if able), potable water
- Water filter or purification tablets*

FOOD:

- Emergency ration bars or food supply to sustain you for 3 days

CLOTHING:

- Winter gloves or mittens
- Winter hat
- Jacket &/or coat (grab as you leave)
- 2 Pair socks (1 pr. Wool)
- 1 pair thermal underwear (optional)
- 1 Pair sturdy work gloves
- Summer hat (with brim)
- Bandana (can be used to shade neck, etc.)
- Rain poncho*
- Change of underwear, clothing, & shoes (more for infants and small children)

FIRST AID:

- Medicines***: (child and adult strengths) aspirin and non-aspirin painkillers, Benadryl, Medicines for colds, coughs, & diarrhea, Stomach ache & heartburn medicine, Dramamine, Potassium Iodide (optional), electrolyte tablets, prescription medicines, inhalers
- Topical medications***: anesthetic ointment or spray, burn cream, antibiotic ointment, anti-sting medicine, sun block, lip balm (preferably with sun block), mosquito repellent, antiseptic cleanser, alcohol preps, Poison Ivy, Oak, & Sumac soap, Chiggerex (or similar—for chiggers), anti-itch cream
- Bandages**: assorted adhesive bandages, butterfly bandages, gauze, 1st aid tape, triangular bandage(s)
- Supplies***: Consecrated oil, First aid booklet, moleskin, tweezers, snake bite kit (optional), tongue depressors, cotton balls, Q-tips, hand warmers, ice pack, thermometer, safety pins, medicine spoon, small scissors

HYGIENE:

- Basic kit**: toothbrush, toothpaste*, hand sanitizer,* wet wipes, feminine hygiene, comb &/or small hairbrush, ear plugs, eye contacts & solution* (if needed)
- Hand towel &/or flattened roll of paper towels
- Camp soap or dish detergent (trial size)*
- Toilet paper &/or facial tissue

COMMUNICATIONS:

- Cell phone & charger (grab as you go)
- Emergency radio (batteries* separately)
- Whistle with lanyard*
- Signal mirror* (non-glass for safety)

SHELTER:

- Tube tent (with nylon rope)*
- Sleeping Bag (with straps) & ground pad
- Rescue Blanket* (small reflective type)

EQUIPMENT AND TOOLS:

- Camp shovel*, camp axe*, camp saw*, camp stove* (1-2 each./family)
- Can opener (small army type if needed)
- Small roll strapping tape or duct tape
- Travel sewing kit*
- Pocket knife*(Swiss-army type preferred)
- Drinking cup or tin cup
- Compass
- 50 foot nylon rope, clothes pins
- Carabineers (at least 2)
- Rubber bands and/or zip ties (assorted sizes)
- Roll aluminum foil (flattened—optional)
- 3 garbage bags* (small, medium, large)
- Fish hooks*, line*, sinkers*, and lures*

LIGHT AND FUEL:

- Flashlight & batteries* (store separately)
- Canned fuel*, and/or fire logs, and/or Buddy Burners
- Waterproof matches,* small lighter,* flint stick

OTHER:

- Money (cash—\$1.00 bills and quarters)
 - Notebook, pen*, pencil, permanent marker
 - Activity and entertainment: Scriptures, small toys, books, card games, travel games, iPod*, etc.
 - Extra keys: (home, vehicle, safe deposit box, etc.)
 - Copies of documents (in waterproof bag): Birth & marriage certificates, medical records (immunizations, blood types, special medical conditions), insurance info. (homeowner, car, life, medical), deeds & titles, bank account & credit card info., wills, passport, driver's license, social security cards, phone numbers of emergency contacts, maps, home inventory, etc.
- Note: Information may also be put on a flash drive.