

72-Hour Emergency Kit Checklist for: (Name) _____

Complete a copy of the checklist for each person.

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 any 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 the person for 3 days

Clothing

- Winter gloves or mittens
- Winter hat
- Jacket and/or coat (grab as you leave)
- 2 pairs socks (1 pair 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, and shoes (more for infants and small children)

First Aid

- Medicines***: Aspirin and non-aspirin painkillers (child and adult strengths), Benadryl[®], medicines for colds, coughs, and diarrhea, stomach ache and 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, soap for after contact with poison ivy, poison oak, or poison sumac, 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 and/or small hairbrush, ear plugs, eye contacts and solution* (if needed)
- Hand towel and/or flattened roll of paper towels
- Camp soap or dish detergent (trial size)*
- Toilet paper and/or facial tissue

Communications

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

Shelter

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

Equipment and Tools

- Camp shovel*, camp axe*, camp saw*, camp stove* (1-2 each per 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 and 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 and marriage certificates, medical records (immunizations, blood types, special medical conditions), insurance info. (homeowner, car, life, medical), deeds and titles, bank account and credit card info., wills, passport, driver's license, social security cards, phone numbers of emergency contacts, maps, home inventory, etc.

Note: This information may also be put on a flash drive.