# BASIC 72 Hour Emergency Kit

## Food and Water: A three day supply for each person
- Water, 1 gallon per person per day
  - People x 1 Gal x 3 days = Gal Total
- Food (minimal or no cooking)
  - Protein/Granola Bars
  - Trail Mix/Dried Fruit
  - Peanut butter
  - Canned Tuna, Beans, Turkey, etc.
  - Crackers/Cereals
  - Canned Juice
  - Canned soup
  - Baby food
  - Baby formula & Bottles
  - Gum/Candy

## Bedding and Clothing for each person
- Change of Clothing (short and long sleeved shirts, pants, jackets, socks, etc.)
- Undergarments
- Rain Coat/Poncho
- Blankets, Sleeping Bag and/or Emergency Heat Blanks (that keep in warmth)
- Cloth Sheet
- Plastic Sheet

## Fuel and Light: Don't forget batteries!
- Battery powered lighting (Flashlights, Lamps, etc.)
- Extra Batteries
- Flares
- Candles (not scented)
- Lighter
- Water-Proof Matches

## Equipment
- Can Opener
- Dishes/Utensils
- Weather Radio (with batteries!)
- Unscented household bleach
- Eye dropper
- Permanent marker, Pen and Paper
- Extra set of house and car keys
- Mini Tool kit (hammer, nails, screw driver, crowbar, adjustable wrench)
- Paper towels
- Cell phone charger
- Axe
- Pocket Knife/ Multipurpose tool
- Rope
- Duct Tape
- Work gloves
- Two way radio
- Bungee Cords
- Scissors
- Garbage bags
- Shovel
- Entertainment (Deck of cards, book, crayons, board game, etc)

## Personal Care Items
- Fist Aid Kit
- Sun Screen
- Bug repellent
- Toilet paper
- Toothbrush and paste
- Extra prescription eye glasses, hearing aid or other vital personal items
- Soap/hand sanitizer
- Shampoo and conditioner
- Baby Wipes
- Diapers
- Feminine hygiene products
- Medications (Prescriptions, Ibuprofen, children's aspirin, etc)

## Personal Documents and Money (Place in a WATER TIGHT container)
- Legal Documents (Birth/Marriage Certificates, Wills, Passports, etc)
- Vaccination Papers
- Insurance Policies
- Photos of family members and pets for re-identification purposes
- Cash, enough to fill up your car tank at least once
- Credit Card
- Pre-Paid Phone Cards
- List of emergency point-of-contact phone numbers

## Pets
- Pet supplies (collar, leash, ID, bowl, etc.)
- Pet food and water too
- Carrier
- Disposable box and litter
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