



Make a Plan. Make a Difference.



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Why Do I Need to Pack a 72-Hour Kit

72-Hour Kit

During and after a disaster, first responders need to respond to the emergency itself and first help those in most critical need. If you are ready, you can play a part in effective response and recovery, and assist first responders, neighbors or family members. Prepare emergency supplies for the following situations:

- A disaster supply kit with essential food, water, and supplies for at least three days—this “READY” kit should be easy to carry and kept in a designated place in case you have to leave your home quickly because of a disaster, such as a flash flood or fire. Make sure all household members know where the kit is kept.
- You may be asked to “shelter in place.” Consider having additional supplies for sheltering or home confinement for extended periods of time.
- You should also have a disaster supply kit at work. It should be in one container and easy to carry in case you have to evacuate the building quickly.
- A car kit of emergency supplies, including food and water, to keep in your car at all times. This kit should also include flares, jumper cables, and seasonal supplies.

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readynortheast.org



citizencorps.gov



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A public awareness campaign supported by public and private partners concerned with homeland security and all-hazards preparedness.



PACK CHECKLIST



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In the event of a disaster, you may need to survive on your own for three days or more.

This means having your own water, food and emergency supplies on hand and is an important part of your disaster plan.



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READY PACK A KIT CHECKLIST

Assemble **READY kits** to keep at home, in each vehicle and at work.

Store your disaster supplies in a sturdy, but easy-to-carry container. A large covered plastic bin or trash container, overnight backpack or duffel bag will work. Keep a smaller version of the kit in your vehicle. If you become stranded or are not able to return home, having some items with you will help you be more comfortable until help arrives.

- Water** (one gallon per person per day)
- Food**
Pack non-perishable, high-protein items, including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little or no water.
- Flashlight** (include extra batteries)
- First Aid Kit** (see checklist below)
- Medications** (see checklist below)
Prescription and non-prescription items
- Battery-operated radio** (include extra batteries)
- Tools**

A wrench to turn off gas if necessary, a manual can opener, screwdriver, hammer, pliers, knife, tarp and garbage bags with ties. Contact professionals to turn gas back on.

- Clothing**
A change of clothes for everyone, including sturdy shoes and gloves.
- Personal items**
Remember eyeglasses or contact lenses and solution; copies of important papers, including identification cards, insurance policies, birth certificates, passports, etc.; and comfort items such as toys and books.

FIRST AID SUPPLIES CHECKLIST

- First aid manual
- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agents (isopropyl alcohol, hydrogen peroxide)/soap/germicide
- Antibiotic ointment
- Latex gloves (2 pairs)
- 2-inch and 4-inch sterile gauze pads (4-6 each size)
- Triangular bandages (3)
- 2-inch and 3-inch sterile roller bandages (3 rolls each)
- Cotton balls
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue depressor blades (2)
- Tube of petroleum jelly or other lubricant
- Sunscreen

Sanitary supplies

Toilet paper, feminine supplies, personal hygiene items, bleach, etc.

Money

Have cash. (ATMs and credit cards won't work if the power is out.)

Contact information

Carry a current list of family phone numbers and e-mail addresses, including someone out of the area who may be easier to reach if local phone lines are out of service or overloaded.

Pet supplies

Include food, water, leash, litter box, tags, any medications and vaccination information.

Map

Mark an evacuation route on it from your local area.

Special items

Include any necessary items for infants, seniors and people with disabilities in your kit. Having some items with you will help you be more comfortable until help arrives.

Meeting place

 (see communications cards below)

Pick a place for family members to meet in case you are separated during a disaster.

MEDICATIONS CHECKLIST

Prescription Medications (list)

Eye Wear

- Extra pair of prescription glasses or contact lenses.

Over the Counter Medications

- Aspirin and nonaspirin pain reliever
- Antidiarrhea medication
- Antacid (for stomach upset)
- Syrup of ipecac (use to induce vomiting if advised by the poison control center)
- Laxative
- Vitamins

COMMUNICATIONS PLAN

Contact Name: _____

Telephone: _____

Out-of Town Contact Name: _____

Telephone: _____

Neighborhood Meeting Place: _____

Meeting Place Telephone: _____

COMMUNICATIONS PLAN

Contact Name: _____

Telephone: _____

Out-of Town Contact Name: _____

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