



72-Hour Emergency Kit CHECKLIST

10 basic survival kit supplies

- Water (1 gallon per person per day)
- First aid kit
- Food (3-day supply per person)
- Medications
- Flashlight and batteries
- Knife or multipurpose tool
- Radio and batteries
- Waterproof matches
- Cellphone and charger
- Cash and credit cards

Additional personal supplies

Bedding and clothing

- Change of clothing
- Sturdy shoes
- Raincoat or poncho
- Sleeping bag or blankets
- Pillows

Tools and equipment

- Wrench or pliers
- Fire extinguisher
- Manual can opener
- Whistle
- Plastic sheeting and duct tape

Documents and paperwork

- Emergency contact info
- Local maps
- ID documents: birth certificates, driver's licenses, passports
- Medical info: medications, chronic conditions, immunizations, allergies

Personal hygiene and sanitation

- Dust mask
- Plastic cutlery
- Toiletries
- Plasticware for food storage
- Glasses, contact lenses, saline
- Plastic bags
- Alcohol or bleach
- Garbage bags and twist-ties
- Disinfectant wipes
- Paper towels
- Hand sanitizer
- Toilet paper

Specialized items

- Note pads, markers, pens, pencils
- Bottles, formula, diapers, wipes, etc., for infants
- Books, games, crayons for kids
- Assistive equipment for elders
- Pet food and extra water for pets

Other items

-
-
-
-
-
-