

72hr

Emergency Kit

Start NOW with what you have, upgrade later.

List below must fit in same container, you must be able to move the container (lift it or drag it on wheels).

CONTAINER

- *backpack OR bucket w/ handle OR reusable bag OR carry-on luggage OR wagon*

WATER 2L

- *4 x 500ml disposable water bottles OR 1x LifeStraw OR 10x purification tablets*

FOOD (3600 calories)

- *16 granola bars OR bag of nuts OR bag of dried fruit OR dehydrated camp food*

SHELTER

- *small tent OR tarp + rope* OR oversized poncho**

HYGIENE

- *1 toilet paper roll OR 1 Kleenex box OR 1 pack baby wipes*

WARMTH

- *emergency blanket OR jacket* OR small sleeping bag*

RAIN COVER

- *umbrella OR waterproof jacket* OR poncho**

GLOVES

- *garden gloves OR construction gloves OR snowboarding gloves*

REPAIR

- *duct tape*

RESPIRATION

- *3x dust mask OR 3x N95 mask OR 1x respirator (+ filters if needed)*

SAFETY

- *whistle*

LIGHT

- *candles + matches (waterproof or store in bag) OR flashlight (+ batteries if needed)*

MULTI-USE

- *rope OR bungee cords OR truck straps*

COMMUNICATION

- *radio + batteries if needed (crank or solar or battery preferred, NOT plug-in)*
- *cell phone + charger (pre charged or solar charger) *may not always work*

KNIFE

- *army knife OR kitchen knife OR kitchen scissors OR box cutter*

HAND SANITIZER

- *2oz bottle*

FIRST AID KIT

- *12 Plastic Adhesive Bandage, 4 Sterile Gauze Pads, 2 Conforming Gauze Bandage Roll, 2 Compress Pressure Bandage, 1 Triangular Bandage, 1 Vinyl Examination Gloves (Pair), 1 CPR Mask/Face Shield w/one way valve, 1 First Aid Guide, 12 Safety Pins*

ADDITIONAL CONSIDERATIONS

- ADDITIONAL MEMBERS OF THE HOUSEHOLD (what needs to be increased from above list?)
- ANIMAL'S NEEDS (ie: food, water bowl, medication, etc.)
- MEDICINE (ie: personal medication, pain relievers, allergy pills, etc.)
- ACCESSIBILITY NEEDS (ie: wheelchair repair, oxygen, glasses repair, cane, sling, etc)
- EMOTIONAL SUPPORT ITEMS: (ie: book, notebook + pen, stuffed animal, stress ball, photo, etc.)
- SAFETY PLAN (ie: important info, maps, spare keys, prior safety discussions, etc.)