

72hr EMERGENCY KIT

You have more than you think you do!

You can start by creating a safety plan for your household.
(discuss what is needed if something happens, and how you can prep for it)

- ❑ **CONTAINER (you must be able to carry your kit)**
 - reusable bag OR backpack OR bucket w/ handle OR reusable bag OR luggage OR wagon
- ❑ **WATER 1.5L/person (also consider on weather, personal needs, weight)**
 - 3 x 500ml disposable water bottles OR 1x LifeStraw OR 10x purification tablets
- ❑ **FOOD 6000 calories/person (consider health needs, eating patterns, available cooking space)**
 - granola bars OR bag of nuts OR bag of dried fruit OR dehydrated camp food OR canned food
- ❑ **HYGIENE (per person suggestion)**
 - 1 toilet paper roll OR 1 Kleenex box AND/OR baby wipes
 - hand sanitizer AND/OR alcohol wipes
 - surgical mask OR 3x N95 mask OR respirator (+ filters if needed) OR bandana
- ❑ **SHELTER (consider the number of people in your household)**
 - tent OR tarp OR poncho
- ❑ **ELEMENTS (cold or heat)**
 - COLD - emergency blanket AND beanie, gloves, socks, pocket warmers, jacket
 - HEAT - cooling vest OR bandana OR hat OR umbrella
 - RAIN - umbrella OR tarp OR poncho
- ❑ **GLOVES (hand protection for moving debris)**
 - garden gloves OR construction gloves OR snowboarding gloves
- ❑ **REPAIR**
 - duct tape AND/OR sewing kit AND/OR bungee cords AND/OR rope
- ❑ **SAFETY**
 - whistle AND/OR pepper spray
- ❑ **LIGHT**
 - candles + matches (waterproof or store in bag) OR flashlight (+ batteries if needed)
- ❑ **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
 - know the closest landline available to you (usually works if cell towers are down)
- ❑ **KNIFE**
 - army knife OR kitchen knife OR kitchen scissors OR box cutter
- ❑ **FIRST AID KIT**
 - buy what you can afford. ensure it has a CPR mask + first aid booklet. add to it as needed.
(consider the special health needs in your household and the number of people in your household)

ADDITIONAL CONSIDERATIONS

- ❑ **ADDITIONAL MEMBERS OF THE HOUSEHOLD** (special needs, pet needs, etc. Multiply food, water, medicine and first aid items to ensure there is enough for everyone)
- ❑ **MEDICINE** (ie: prescription medication, pain relievers, allergy pills, etc.)
- ❑ **ACCESSIBILITY NEEDS** (ie: wheelchair repair, oxygen, spare glasses, cane, sling, etc)
- ❑ **EMOTIONAL SUPPORT ITEMS:** (ie: book, notebook + pen, stuffed animal, stress ball, photo, etc.)
- ❑ **EMERGENCY INFO** (contacts, addresses, health info, etc.)

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