

## BE PREPARED IN EMERGENCIES

### Preparing a 72 hour kit

There are many types of disasters: floods, fires, earthquakes, hurricanes and tornadoes. It is estimated that after a major disaster, it may take up to three days for relief workers to reach some areas. It would be wise to consider a Go Pack that you could live on for 7-10 days. In such a case, if you live in a disaster prone area, a 72-hour kit is the minimum you should have available.

Plan your Go Pack accordingly to your family's size.



- 1-2 gallons of water per person, per day should be stored for sanitation and drinking.
- Method of water purification
- 72+ hour supply of food and water
- Windproof/waterproof matches
- Second method to start a fire
- Tent/shelter
- Blanket or sleeping bag
- Emergency reflective blanket
- Lightweight stove and fuel
- Hand and body warm packs
- Poncho
- Flashlight with batteries or crank flashlight
- Candle
- Light stick
- Tools
- Pocket knife
- Shovel
- Hatchet or axe
- Sewing kit
- 50-foot nylon rope
- First aid kit and supplies
- Burn gel and dressings
- Bottle of potassium iodide tablets
- Radio with batteries or radio with alternate power sources
- Personal comfort kit (include soap, toothbrush and gel, comb, tissue, sanitary napkins, razor) and other needed items.
- Extra clothing
- A complete outfit of appropriate clothing for each family member. Include extra socks, underwear, hat, sturdy shoes, and gloves.
- Chargers for electronic equipment
- At least \$50 in small bills in your kit.
- Stress Relievers: games, books, hard candy, inspirational reading. For children: small toys, paper and pen, favorite security items.
- Copies of documents important to your family (such as birth certificates, marriage licenses, wills, insurance forms), phone numbers you might need, credit card information.
- Additional items:
  - Extra food
  - Camp stove mess kits and other cooking equipment
  - Sun block
  - Insect repellent, portable toilet, special medication, extra glasses
  - Durable water resistant duffel bag, frame pack or day pack
  - Whistle with neck cord