

72-HOUR FAMILY EMERGENCY KIT

The 72-Hour Emergency Kit should be individually tailored to meet the basic survival needs of your family for three days to a week. Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a watertight container such as a 32-gallon plastic container, suitcase, duffel bag, backpack or a footlocker.

The items under Emergency Needs are recommended for your kit.

Emergency Needs

- Battery Powered Radio (and new batteries still in package-check dates periodically)
- First Aid Kit & Manual
- Sleeping Bags & Blankets (wool & thermal)
- Manual Can Opener
- Waterproof/Windproof Matches*
- Non-Perishable Foods including baby food if necessary.
- Flashlight with extra batteries (or squeeze/shake/crank light)
- Water (1 gal./day per person)
- Water purification tablets
- Utility Knife
- Emergency Candles*
- Extra Eyeglasses/Contact Lenses
- Essential Medications
- Extra Clothing (season appropriate)

*(Only light candles when you are absolutely sure that you do not have a gas leak)

Suggested non-perishable food items:

Remember that you may not have access to oven/stove/microwave or modern conveniences during a disaster. Pack away foods that have a long shelf life, and require minimal preparation. Ready-to-eat goods in unbreakable containers, canned meats, juice, fruits & vegetables, powdered milk, infant care foods, crackers, peanut butter, freeze-dried & dehydrated goods. If you purchase MRE's (meals-ready-to-eat), they include source of heat (if needed) and might only require addition of water.

Sanitation Kit

- Plastic Bucket w/Tightly Fitted Lid
- Plastic Bags & Ties
- Disinfectant
- Paper Cups & Plates
- Personal Toiletries
- Baby Supplies
- Aluminum Foil
- Paper Towels
- Personal Hygienic Needs
- Plastic Utensils
- Soap
- Hand Sanitizer

Other Emergency Needs

- Small journal style notebook
- Pen, pencil, permanent marker
- Small denominations of Cash
- Address & Phone Numbers
- Work Gloves
- Basic Tools
- Bible

Standard First Aid Kit

- First Aid Manual
- Aspirin or Pain Relievers
- Rubbing Alcohol
- Anti-Diarrheal Medicine
- Soap
- Salt
- Gauze
- Adhesive bandages
- Triangular Bandage (36"x36"x52")
- Elastic Bandage
- Cotton Balls
- Cotton Swabs
- Safety Pins
- Scissors
- Thermometer
- Sanitary Napkins (Pressure Dressing)
- Disposable Diapers (Dressing/Splint/Padding)
- Micro spore Adhesive, Paper Tape
- Matches
- Needles
- Tweezers
- Small Splints, Popsicle Sticks
- Heavy String
- Syrup of Ipecac
- Individual Medical Needs
- Baking Soda

Car Survival Kit

- Always Maintain at Least 1/2 Tank of Gas
- First Aid Kit & Manual
- Class ABC Fire Extinguisher
- Radio (do not leave batteries in it, but keep in pack)
- Non-Perishable Food Stored in Coffee Can
- Bottled Water
- Bag of Sand, Shovel & Tools
- Blankets or Sleeping Bags
- Sundry Kit, Paper & Pencil, Map, Tissues, moist towlettes, Plastic Bags, Essential Medications
- Flashlights (keep batteries in package rubber-banded to flashlight)
- Reflectors & Flares
- Waterproof Matches & Candles
- Jumper Cables
- Short Rubber Hose for Siphoning

Make Copies of All Legal Papers

- Marriage License
- House Mortgage
- Vacation Home / Property Ownership
- Automotive Ownership
- Motor Home Ownership
- Wills
- Appraisals of personal property and photos of those items
- Drivers Licenses/passports
- Trailers, Snowmobiles, Boat registrations/titles
- Insurance Policies
- Bank, ATM, credit cards (photo copy front and back sides)

How to Store Water

Be sure to rotate your water at least every six months. Keep in a dry area that is not affected by temperatures.

Do NOT store drinking water in PET plastic bottles (that leach hazardous BPA into water)

Establish an Out-Of-State 24-Hour Telephone Contact

* Create an emergency contact list. This will include a family member or friend outside of your State whom will be your point of contact. Make sure everyone in your family memorizes this number or has it stored somewhere where it can be easily accessed. It may not be a bad idea to create a password as well.

* Remember calls out will not overload phone lines, as will calls coming into a disaster area.

Send one copy all important documents to your out-of-state contact.

Don't Forget your Pets!

- Extra food (The food should be dry and relatively unappealing to prevent overeating. Store the food in sturdy containers.)
- Kitty litter
- Large capacity self-feeder and water dispenser
- Extra medications

Plan How Your Family Will Stay in Contact if Separated by Disaster

* Pick a meeting place that is familiar to each of your family members in case you get separated. Establish a plan and alternative meeting place as well, in case your primary meeting place is not accessible. Your plan should include; where to meet, how long to wait, create a password for your children in case you need to send a friend or family member to pick them up.

Other Considerations

* Be prepared to relocate to a shelter during a prolonged power outage.

- * Have extra cash on hand in case electronic transactions (ATM card, credit cards, etc.) cannot be processed.
- * Work with your family in talking about the steps each needs to take to be ready if disaster happens.
- * Supplies to keep the children entertained, such as: games, color books and crayons, cards, story books etc.

Meet with Neighbors

Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for childcare in case parents can't get home.

Contact Your Local Emergency Management Office

Find out which disasters are most likely to happen in your community. Ask how you would be warned.

Preparedness is everyone's job. Not just government agencies but all sectors of society -- service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations, as well as every individual citizen should plan ahead for disaster.

During the first few hours or days following a disaster, essential services may not be available.

Use the information in this document to take steps to prepare yourself and family. As always, prepare for the worst and pray for the best.

