



72-Hour Emergency Preparedness Kit Checklist

1. Water - One gallon per person, per day for three days:

- Two quarts for drinking
- Two quarts for food preparation

2. Food - Select foods that require no refrigeration, preparation or cooking and little or no water. Select food items that are compact and lightweight:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup (if powdered store extra water)
- Staples: sugar, salt, pepper
- High-energy foods: peanut butter, jelly, crackers, granola bars, trail mix, vitamins
- Food for infants, elderly people, or special diets
- Comfort/Stress food: cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

3. First Aid Supplies:

- Sterile adhesives bandages in assorted sizes
- 2 and 4 inch sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Sterile roller bandages
- Scissors, tweezers, needles
- Moistened Towelettes, antiseptic
- Thermometer, tongue blades safety pins
- Petroleum jelly, cleansing agents/soap
- Latex gloves
- Sunscreen
- Aspirin/pain reliever, anti-diarrhea medication, antacid, laxatives



72-Hour Emergency Preparedness Kit Checklist - Continued

4. Clothing & Bedding:

- Sturdy shoes or work boot
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

5. Tools & Supplies:

- Mess kits, paper cups, plates, plastic utensil
- Battery operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-Electric can opener, utility knife
- Fire extinguisher
- Tube tent
- Pliers
- Tape
- Compass
- Matches in waterproof container
- Aluminum foil
- Plastic storage containers
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area
- Toilet paper, Towelettes
- Soap, liquid detergent
- Feminine supplies
- Plastic garbage bags, ties
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach



72-Hour Emergency Preparedness Kit Checklist – Continued

6. Emergency Supplies & Special Items:

Babies

- Formula
- Diapers
- Bottles
- Powdered Milk
- Medications

Adults

- Heart and high blood pressure medication
- Insulin Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Important family documents: will, insurance policies, contracts, deeds, stocks and bonds, bank account numbers, social security cards, passports, immunization records, credit card numbers, inventory of valuable household goods, important telephone numbers, and family records

Visit [Monte Sereno Emergency Preparedness](#) for more information on emergency preparedness.