

Building Your Family's 72 Hour Kits

This page is intended to help you prepare for disasters (large and small) before they happen. Using this procedure, your family can assemble a 72 hour and emergency evacuation kit in small steps over a six month period. Check off each item for each week as you gather the contents and finish the "To Do" work. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen or pantry shelves. Remember to rotate your perishable supplies and change water as needed for freshness. An asterisk (*) next to an item means "for each family member".

Remember: Check the kit every few months to be sure your supplies are fresh!

Create a Family Disaster Supplies Kit

To Get Started:

- Check your house for supplies that you already have on hand.
- Decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation).
- Meet With Your Family To Plan:
- Discuss the types of disasters that could occur.
- Explain how to prepare; explain when and how to respond.
- Discuss what to do if you need to evacuate.

Should you evacuate?

- Where will you go?
- How will you get there?
- What is your *alternate* route?
- What must you take with you?

Practice your plan.

- Suggested Foods
- Select based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible.
- Canned Meat: Tuna, chicken, ravioli, chili, beef stew, spam, corned beef, etc.
- Vegetables: Green beans, kernel corn, peas, beets, kidney beans, carrots, etc.
- Fruit: Pears, peaches, mandarin oranges, applesauce, etc.
- Cereal: Cheerios, Chex, Kix, Shredded Wheat, etc.
- Quick Energy Snacks: Granola bars, raisins, etc.

Remember to rotate your supplies as needed for freshness!

- In case of evacuation, your emergency evacuation or "Go-Pack" should:
- Be in a back pack or other similar container that is easily carried.
- Contain your most important items such as a change of clothes, coins for pay phones, out-of-state contact info, medications, important papers, etc.

Note: Items marked with an asterisk "*" should be purchased for each member of the household. For water, plan to have **one gallon of water, per person, per day! Pets should be counted also when figuring water!**

Week 1, From Grocery Store	Week 2, From Hardware Store	Week 3, From Grocery Store	Week 4, From Hardware Store
<input type="checkbox"/> 1 gallon Water* <input type="checkbox"/> 1 jar Peanut Butter <input type="checkbox"/> 32 oz canned Juice <input type="checkbox"/> 1 manual Can Opener <input type="checkbox"/> Instant Coffee, Tea and Powdered Drink Mix <input type="checkbox"/> Permanent Marking Pen to mark dates <input type="checkbox"/> 1 gal Water per Pet ALSO: Pet food, Diapers, Baby food To Do: <input type="checkbox"/> Make Family Plan <input type="checkbox"/> Date perishable food items using pen	<input type="checkbox"/> Crescent Wrench <input type="checkbox"/> 50 ft Heavy Rope <input type="checkbox"/> 1 roll Duct Tape <input type="checkbox"/> 2 Flashlights with batteries <input type="checkbox"/> "Bungee" Cords ALSO: Pet leash or carrier To Do: <input type="checkbox"/> Check for household hazards <input type="checkbox"/> Add latches to kitchen cabinet doors and acquire / install window protection devices	<input type="checkbox"/> 1 gallon Water* <input type="checkbox"/> 8 oz canned Meat* <input type="checkbox"/> 16 oz canned Fruit <input type="checkbox"/> 1 bx Sanitary Napkins <input type="checkbox"/> 1 Video Tape <input type="checkbox"/> 1 gal Water per Pet ALSO: Pet food, Diapers, Baby food To Do: <input type="checkbox"/> Video tape home contents for insurance purposes <input type="checkbox"/> Store video tape in a secure location	<input type="checkbox"/> 1 roll Plumber's Tape <input type="checkbox"/> 1 Crow bar <input type="checkbox"/> Smoke Detector with batteries ALSO: extra medications or prescriptions marked "emergency use" if needed To Do: <input type="checkbox"/> Install / Test smoke detectors <input type="checkbox"/> Plan for Pet sheltering
Week 5, From Grocery Store	Week 6, From First Aid Supply Store	Week 7, From Grocery Store	Week 8, From First Aid Supply Store
<input type="checkbox"/> 1 gal Water* <input type="checkbox"/> 8 oz canned Meat* <input type="checkbox"/> 16 oz canned Fruit* <input type="checkbox"/> 16 oz canned Vegetables* <input type="checkbox"/> 2 roll Toilet Paper* <input type="checkbox"/> Extra Toothbrush* <input type="checkbox"/> Toothpaste ALSO: Special Diet Foods if needed To Do: <input type="checkbox"/> Have home fire drill	<input type="checkbox"/> Aspirin or Acetaminophin <input type="checkbox"/> Compresses <input type="checkbox"/> Roller Gauze <input type="checkbox"/> First Aid Tape <input type="checkbox"/> Adhesive Bandages ALSO: extra hearing aid batteries if needed To Do: <input type="checkbox"/> Check into Day Care or School Disaster Plans if you have children	<input type="checkbox"/> 1 gallon Water* <input type="checkbox"/> 16 oz Ready-To-Eat Soup* <input type="checkbox"/> 16 oz canned Fruit* <input type="checkbox"/> 16 oz canned Vegetables* <input type="checkbox"/> 1 gal Water per Pet ALSO: Extra plastic baby bottles, formula and diapers if needed To Do: <input type="checkbox"/> Establish an Emergency Contact	<input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Antiseptic <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid Hand Soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing Kit ALSO: Extra glasses, saline solution, contact lenses and lens case if needed To Do: <input type="checkbox"/> Place extra shoes and flashlight under beds for emergency use at night

<p>Week 9, From Grocery Store</p> <p>() 1 gallon Water* () 16 oz Ready-To-Eat Soup* () Liquid Dish Soap () Plain Liquid Bleach () 1 box Heavy Garbage Bags () 1 gal Water per Pet</p> <p>ALSO: Extra Pet food, Diapers, Baby food</p> <p>To Do:</p> <p>() place "family photos" in a secure place</p>	<p>Week 10, From Hardware Store</p> <p>() Waterproof portable plastic container with lid for important papers () Portable AM/FM radio with batteries</p> <p>ALSO: Blankets or sleeping bags for each family member</p> <p>To Do:</p> <p>() Photocopy important documents () Store securely</p>	<p>Week 11, From Grocery Store</p> <p>() 32 oz canned Juice* () Large plastic food bags () 1 box energy snacks () 3 roll paper towels</p> <p>ALSO: Sunscreen</p> <p>To Do:</p> <p>() Store a roll of quarters and dimes for phone calls () Locate nearest puffin</p>	<p>Week 12, From First Aid Supply Store</p> <p>() Anti-diarrhea medicine () Rubbing alcohol () 2 pr latex gloves () Ipecac syrup and activated charcoal () children's vitamins</p> <p>ALSO: Denture care items if needed</p> <p>To Do:</p> <p>() Locate utility shut offs and show the family</p>
<p>Week 13, From Hardware Store</p> <p>() Whistle () ABC Fire Extinguisher () Pliers () Vise-Grips</p> <p>To Do:</p> <p>() Take First Aid and CPR classes</p>	<p>Week 14, From Grocery Store</p> <p>() 16 oz canned Fruit* () 8 oz canned Meat* () 16 oz canned Vegetables* () 1 pk Paper Plates () 1 pk Plastic Utensils () 1 pk Paper Cups () Adult Vitamins</p> <p>To Do:</p> <p>() Plan to check on neighbors</p>	<p>Week 15, From Hardware Store</p> <p>() Extra Flashlight with batteries () 1 roll Masking Tape () Hammer () Assorted Nails () "L" brackets for securing furniture () Wood Screws</p> <p>To Do:</p> <p>() Check roof turbines and prepare covers or plan for storage () Secure Water Heater and other appliances and furniture against movement</p>	<p>Week 16, From Grocery Store</p> <p>() 8 oz canned Meat* () 16 oz canned Vegetables* () Heavy Garbage Bags () Kleenex () Quick energy snacks</p> <p>To Do:</p> <p>() Find neighborhood safety organizations () Join them</p>

<p>Week 17, From Grocery Store</p> <ul style="list-style-type: none"> () 1 box Graham Crackers () Assorted plastic containers with lids () Assorted safety pins () Dry cereal <p>To Do:</p> <ul style="list-style-type: none"> () Arrange for friend or neighbor to care for children when needed 	<p>Week 18, From Hardware Store</p> <ul style="list-style-type: none"> () Latches or fasteners for cupboards () Double sided tape and velcro fasteners <p>To Do:</p> <ul style="list-style-type: none"> () Pack a "go-pack" in case of evacuation () Finish securing cabinets, furniture and appliances 	<p>Week 19, From Grocery Store</p> <ul style="list-style-type: none"> () Heavy garbage bags () Quick energy snacks <p>To Do:</p> <ul style="list-style-type: none"> () Have home disaster drill 	<p>Week 20, From Hardware Store</p> <ul style="list-style-type: none"> () Camping or utility knife () Extra radio with batteries <p>ALSO: Purchase emergency escape ladder for second floor bedrooms if needed</p> <p>To Do:</p> <ul style="list-style-type: none"> () Learn workplace disaster plans
<p>Week 21, From Hardware Store</p> <ul style="list-style-type: none"> () Heavy work gloves () Disposable dust masks () Screwdrivers () Safety goggles 	<p>Week 22, From Hardware Store</p> <ul style="list-style-type: none"> () Extra manual can opener () 3 roll Paper towels 	<p>Week 23, From Grocery Store</p> <ul style="list-style-type: none"> () Camping lantern with extra fuel or batteries () Extra flashlights with batteries 	<p>Week 24, From Hardware Store</p> <ul style="list-style-type: none"> () Large plastic food containers () Plastic food wrap () Aluminum Foil