

## Emergency 72-96 Hour Kit

You may need to survive on your own after a disaster. This means that you will need to be self sufficient with food, shelter, water and other supplies. Local relief workers may not reach your for 72-96 hours. You should prepare a kit for home, the office, and for vehicles. Be prepared and know where your kit is stored.

### These items are a basic supply list for an emergency disaster kit.

Water – 1 gallon per person a day  
 Food – 2,000 calories per person per day  
 Temporary Shelter  
 Clothing (with jacket/sturdy shoes)  
 Blanket  
 Lights and Flashlights/Batteries/Glowsticks  
 Matches, Lighters, and Fuel  
 Whistle and Compass  
 Radio  
 Cash and Coins  
 Hygiene Supplies/Garbage Bags

### First Aid Supplies and Medications

Bandages/Gauze Pads  
 Adhesive Tape  
 Aspirin - Pain Reliever  
 Scissors, needle, safety pins  
 Thermometer  
 Antibacterial Soaps/Wipes  
 Rubbing Alcohol  
 Insect Repellent  
 Anti Bacterial Cream  
 Antacids  
 Anti Diarrhea Medication  
 Medical Gloves  
 Face Mask  
 Protective Glasses  
 Cold Pack  
 First Aid Manual



### Personal Needs

Gloves, hat, stockings  
 Rope (heavy and thin)  
 Important Documents or Copies  
 Lip Balm  
 Maps - Area  
 Notepad/Pen and Pencil  
 Pocket Knife

Portable Toilet  
 Reading Glasses  
 Shovel  
 Signal Flares  
 Sunscreen  
 Sunglasses  
 Tarp  
 Tent  
 Toilet Paper  
 Tool Kit  
 Toothbrush/Toothpaste  
 Trash Bags



### Foods and Supplies

Can Opener  
 Cooking Equipment  
 Eating Utensils  
 Granola Bars/Trail Mix  
 Crackers  
 Peanut Butter  
 Juice  
 Canned Fruits  
 Pork and Beans  
 Soups  
 Canned Meats  
 Processed Cheese  
 Pudding  
 Raisins and Dried Fruits  
 Nuts

### Recovery Items

Family Photos, book, personal item

### References

[www.redcross.org](http://www.redcross.org)  
[www.fema.gov](http://www.fema.gov)  
[www.ready.gov](http://www.ready.gov)