






72 HOUR EMERGENCY KIT CHECKLIST












FOOD AND WATER

- Non-perishable food 
- 6 gallons of water per person (2 gallons per day) 
- Water filter 
- Can opener (non-electric) 
- Camp cooking stove and fuel, pots/pans, utensils 










FIRST AID, HYGIENE, AND SAFETY

- First aid kit 
- Unscented bleach (about 5.25% chlorine, for purifying water) 
- Baby wipes 
- Hand sanitizer 
- Heavy-duty plastic bags 
- Emergency toilet (two bucket system recommended) 
- Disposable plastic gloves 
- Dust mask 
- Supply of prescription medications 
















DAMAGE MITIGATION

- Fire extinguisher 
- Window barricade (hammer, nails, screws, wood planks) 
- Wrench or plier (for turning off utilities) 
- Heavy-duty gloves 
- Bolt cutters 
- Broom and dustpan 
- Shovel 







FOR SHELTERING OR EVACUATION

- 6 large tarps or plastic sheeting; 2ml minimum 
- Duct tape 
- 50 feet of nylon rope 
- Flashlights or other off-grid lighting (candles and open flames should not be used after an earthquake because of risk of gas leak!) 
- Battery-powered or hand crank radio and AM/FM/NOAA weather radio 
- Sleeping bags or wool blankets 
- Change of clothes and footwear for each person 
- Rain jackets or ponchos 
- Extra batteries, preferably rechargeable with an off-grid charging method 
- Solar-powered cell phone charger (and cable) 
- Waterproof matches 
- Whistle or signaling method 
- Emergency manuals (water purification, first aid, sheltering in place instructions) 



OTHER ITEMS

- Copies of vital documents, put in a waterproof binder 
- Comfort items (games, books, toys for children, etc.) 
- Cash in small bills 
- Pet supplies 
- Extra keys for car and house 