

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



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)



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



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