

Recommended Items in a 72-Hour Kit

- Water for drinking (at least one gallon of water per person per day)
- Water for cooking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Dust mask or cotton t-shirt, to help filter the air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Plastic sheeting and duct tape to shelter-in-place
- Garbage bags and plastic ties for personal sanitation
- Emergency reference material such as a first aid book
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Cash or traveler's checks, change
- Paper towels
- Fire Extinguisher
- Tent
- Compass
- Matches in a waterproof container
- Signal flare
- Paper, pencil
- Medicine dropper
- Feminine supplies
- Personal hygiene items
- Disinfectant
- Household chlorine bleach
- Battery-powered ham radio (if licensed)
- Fuel for cooking food
- Daily prescription medications (if applicable)
- Infant formula (if applicable)
- Diapers and wipes (if applicable)
- Important family documents
- Other unique family needs/items

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