

# Disaster Preparedness: 72-Hour Supply Kit Checklist

## Personal Supplies

- Water - 1 gallon per person per day for at least 3 days (This is the minimum supply that should be stored.)
- Food - enough to last family at least 1 week
- Bleach - 1 gallon to purify domestic water supply
- Sanitation Supplies, Hygiene Supplies
- Flashlights, Portable Radio and Extra Batteries
- Fire Extinguisher
- First Aid Kit
- Prescription Medicines, Eyeglasses
- Heavy Clothes, Boots or Shoes
- Small Hand Tools, Shovel, Rope, and Shutoff Wrench
- Camp Stove and Extra Fuel
- Tent, Sleeping Bag, Lantern
- Cooking and Eating Utensils, Can Opener
- Paper Plates and Cups
- Box of Heavy Duty Garbage Bags
- Aluminum Foil, Plastic Wrap, Zip-Lock Bags
- Waterproof Matches
- Pet Provisions
- Money
- Latex Gloves, Duct Tape, Masking Tape
- Prying Tools, Cutting Tools, Striking and Battering Tools, Ladder
- Carpentry Tools



**Note:** *Perishable supplies should be replaced at least once a year.*

## First Aid Kit and Medical Supplies

The following is a suggested list of supplies to be kept in a 72-hour home supply kit. Included in this kit should be any personal medications taken on a regular basis, a list of these prescriptions, a list of doctors, and an extra pair of glasses.

- Kerlex, Kling, or any other brand of roller bandages - 4 rolls
- 4 x 4-inch Gauze Pads - 10 to 20 pads
- Sanitary Napkins for Excessive Bleeding - 2 to 4 pads
- 1 and 2 inch adhesive tape (changed every 6 months) - 1 of each
- Scissors - a good pair of medical scissors
- 4 x 4-inch gauze pads - 5 or 6 to be used as bandages for large cuts
- Adhesive tape - one roll of 1-inch tape
- Band-Aids - 4 or 5 strips for small cuts
- Antiseptic solution - used to cleanse wounds - 1 bottle
- Latex gloves

