



First 72 on You: Emergency Kit Checklist

Essentials for Every Kit:

- 1 gallon of water per person, per day (3-day supply)
- 3-day supply of non-perishable food (canned goods, energy bars, etc.)
- Manual can opener
- First aid kit
- Flashlight with extra batteries
- Battery-powered or hand-crank radio (preferably NOAA Weather Radio)
- Extra cell phone battery or portable charger
- Personal hygiene items (soap, toothpaste, etc.)
- Moist towelettes, garbage bags, and plastic ties for sanitation
- Local maps
- Dust masks or N95 masks
- Whistle to signal for help
- Plastic sheeting and duct tape (for shelter in place)
- Wrench or pliers to turn off utilities

Additional Supplies:

- Prescription medications
- Glasses, contact lenses, and related supplies
- Infant formula, diapers, wipes
- Pet food, water, and supplies
- Cash (small bills)
- Blankets or sleeping bags
- Matches in a waterproof container
- Important documents (ID, insurance policies, etc.) in a waterproof bag