

72-HOUR KIT: ADULT CHECKLIST

Each family member needs nine meals. Pack three Ziploc bags with one full day's worth of food and then place all three in a larger container with the other items listed below. Cut out the attached ID card and include it in your kit.

food & water

- 3 Gallons of Water
- Trail Mix/Dried Fruit
- Crackers/Cereals
- Canned Beans, Tuna, Chicken, Vienna Sausages or MREs (Tip: Avoid "Pop-Top" cans)
- Canned Juice
- Candy/Gum (Tip: Avoid mint flavored items and anything that might melt.)
- Water Purification Tablets
- Can Opener
- Spoon/Fork/Knife/Cup/Bowl/Plate

clothing

- Short sleeved shirt
- Long sleeved shirt
- Undergarments
- Trousers
- Socks
- Sturdy Shoes
- Lightweight Jacket
- Coat, Hat, Gloves & Other Cold Weather Gear
- Rain Poncho
- Headlamp and Charged Batteries
- Sunglasses
- Work Gloves
- Watch
- Reflective Vest

personal supplies & medication

- ID CARD
- Prescription Medications
- Prescription Eyeglasses
- Hearing Aid
- Earplugs
- Sunscreen
- Tissues
- Toothbrush/Toothpaste/Dental Floss
- Toilet Paper
- Wipes
- N95 Respirator Mask (NIOSH Approved)
- Feminine Hygiene Supplies
- Hand Sanitizer
- Soap
- Lotion
- Small Notebook and Pencil

shelter & bedding

- Emergency Heat Blanket
- Blanket or Sleeping Bag
- Cloth Sheet
- Plastic Sheet, Tarp or Tent

Name:	
Address:	
City:	State:
Phone:	Work:
Mobile:	Emergency:
Birthday:	Blood Type:
SSN:	
Health Insurance Carrier:	
Group #:	
Physician Contact info:	

Emergency Contact:
Phone:
Allergies:
Disabilities Conditions:
Pharmacy Phone:
Medication (dosage/times taken):
Special Instructions

72-HOUR KIT: CHILD CHECKLIST

Each family member needs nine meals. Pack three Ziploc bags with one full day's worth of food and then place all three in a larger container with the other items listed below. Cut out the attached ID card and include it in your kit.

food & water

- 3 Gallons of Water
- Trail Mix/Dried Fruit
- Crackers/Cereals
- Canned Beans, Tuna, Chicken, Vienna Sausages or MREs (Tip: Avoid "Pop-Top" cans)
- Canned Juice
- Candy/Gum (Tip: Avoid mint flavored items and anything that might melt.)
- Water Purification Tablets
- Can Opener
- Spoon/Fork/Knife/Cup/Bowl/Plate

clothing

- Short sleeved shirt
- Long sleeved shirt
- Undergarments
- Trousers
- Socks
- Sturdy Shoes
- Lightweight Jacket
- Coat, Hat, Gloves & Other Cold Weather Gear
- Rain Poncho
- Headlamp and Charged Batteries
- Sunglasses
- Watch
- Reflective Vest

personal supplies & medication

- ID CARD
- Prescription Medications
- Prescription Eyeglasses
- Hearing Aid
- Tissues
- Toothbrush/Toothpaste/Dental Floss
- Toilet Paper
- Wipes
- N95 Respirator Mask (NIOSH Approved)
- Hand Sanitizer
- Soap
- Lotion
- Sunscreen
- Coloring Book and Crayons
- Toys
- Comb/Hairbrush
- Deck of Cards

shelter & bedding

- Emergency Heat Blanket
- Blanket or Sleeping Bag
- Cloth Sheet
- Plastic Sheet, Tarp or Tent

Name:	
Address:	
City:	State:
Phone:	Work:
Mobile:	Emergency:
Birthday:	Blood Type:
SSN:	
Health Insurance Carrier:	
Group #:	
Physician Contact info:	

Emergency Contact:
Phone:
Allergies:
Disabilities Conditions:
Pharmacy Phone:
Medication (dosage/times taken):
Special Instructions

72-HOUR KIT: HOUSEHOLD AND CAR CHECKLIST

money & important documents

- Homeowners Insurance Information
- Health Insurance Information
- Birth/Marriage Certificates
- Wills
- Passports
- Contracts
- Vaccination Papers
- Photos of Family Members and Pets
- Extra Keys to Your House and Vehicles
- Inventory and photographs of your valuables
- ID Card for each member of your family with name, age, medications, allergies, etc.
- Cash (in small bills and change)
- Credit Card
- Prepaid Phone Card

household equipment

- Adjustable Wrench
- Axe/Hatchet
- Batteries
- Binoculars
- Bungee Cords
- Camp Stove/Fuel/Lighter
- Can Opener
- Candles/Waterproof Matches
- Charcoal/Lighter
- Compass
- Crowbar
- Disposable Camera
- Duct Tape

- First Aid Guide
- First Aid Kit
- Over The Counter Medications & Supplies
- Pain Relief
- Children's Pain Relief
- Benadryl
- Children's Benedryl
- Aspirin
- Small Bottle of Bleach
- Thermometer
- Medical Gloves and Face Masks
- Flares
- Flashlight
- Funnel
- Garbage Bags
- Gas Shutoff Tool
- Gasoline
- Generator
- Hammer
- Lighters/Waterproof Matches
- Local Map
- Mirror
- Nails
- Permanent Marker, Paper, Tape
- Plastic Bags / Ziploc Bags
- Plastic Bucket / Portable Toilet
- Plastic Sheeting
- Plates, Utensils and Other Feeding Supplies
- Playing Cards
- Propane Tank
- Rope
- Self-Generated Radio

- Compact, Multi-Function Shovel
- Scissors
- Solar Charger for Mobile Devices
- Staple Gun
- Super Glue
- Survival Knife
- Two-Way Radio/Charged Batteries
- Utility Knife
- Whistle

emergency kit checklist – car

- Bungee Cords
- Duct Tape
- Flare
- Oil Funnel
- Reflective Safety Vest
- Reflective Triangle
- Seatbelt Cutter
- Shovel
- Tire Pressure Gauge
- Tire Puncture Seal
- Tow Rope
- Window Breaking Tip

Name: _____

Address: _____

City: _____ State: _____

Phone: _____ Work: _____

Cell: _____ Emergency: _____

Birthdate: _____ Blood Type: _____

SSN: _____

Health Insurance Carrier _____

Group # _____

Physician Contact info: _____

Name: _____

Address: _____

City: _____ State: _____

Phone: _____ Work: _____

Cell: _____ Emergency: _____

Birthdate: _____ Blood Type: _____

SSN: _____

Health Insurance Carrier _____

Group # _____

Physician Contact info: _____

Name: _____

Address: _____

City: _____ State: _____

Phone: _____ Work: _____

Cell: _____ Emergency: _____

Birthdate: _____ Blood Type: _____

SSN: _____

Health Insurance Carrier _____

Group # _____

Physician Contact info: _____

Emergency Contact: _____

Phone: _____

Allergies: _____

Disabilities | Conditions _____

Pharmacy Phone: _____

Medication (dosage/times taken): _____

Special Instructions _____

Emergency Contact: _____

Phone: _____

Allergies: _____

Disabilities | Conditions _____

Pharmacy Phone: _____

Medication (dosage/times taken): _____

Special Instructions _____

Emergency Contact: _____

Phone: _____

Allergies: _____

Disabilities | Conditions _____

Pharmacy Phone: _____

Medication (dosage/times taken): _____

Special Instructions _____

72-HOUR KIT: INFANT CHECKLIST

Each family member needs nine meals. Pack three Ziploc bags with one full day's worth of food and then place all three in a larger container with the other items listed below. Cut out the attached ID card and include it in your kit.

food & water

- 3 Gallons of Water
- Crackers/Biscuits
- Baby Cereal
- Baby Food
- Formula
- Water Purification Tablets
- Can Opener
- Spoon/Bowl/Bottle

clothing

- Short sleeved shirt
- Long sleeved shirt
- Undergarments
- Trousers
- Socks
- Sturdy Shoes
- Lightweight Jacket
- Coat, Hat, Gloves & Other Cold Weather Gear
- Rain Poncho
- Sunglasses

personal supplies & medication

- ID CARD
- Prescription Medications
- Tissues
- Cotton Swabs
- Wipes
- Diapers
- Soap
- Lotion/Diaper Cream
- Sunscreen
- Comb/Hairbrush
- Respirator Mask (NIOSH Approved)
- Small Toy/Teething Ring
- Pacifier/Soother

shelter & bedding

- Emergency Heat Blanket
- Blanket
- Cloth Sheet
- Plastic Sheet or Tarp
- Carrier/Sling
- Car Seat

Name:	
Address:	
City:	State:
Phone:	Work:
Mobile:	Emergency:
Birthday:	Blood Type:
SSN:	
Health Insurance Carrier:	
Group #:	
Physician Contact info:	

Emergency Contact:
Phone:
Allergies:
Disabilities Conditions:
Pharmacy Phone:
Medication (dosage/times taken):
Special Instructions

