

72 hour kit

Thursday, 21 September 2006

A 72 hour kit is essential for any emergency. Your 72 hour kit could mean the difference between life and death. There are many types of disasters and emergencies: floods, fires, earthquakes, hurricanes and tornadoes. In many cases, a 72 hour kit could mean the difference between life and death.

It is estimated that after a major disaster, it may take up to three days for relief workers to reach some areas. It would be wise to consider a Go Pack or kit that you could live on for 7-10 days. In such a case, if you live in a disaster prone area a 72-hour kit is the minimum you should have available. Plan your go pack accordingly to your family's size.

72 Hour Kit

- 1-2 gallons of water per person , per day should be stored for sanitation and drinking
- Method of water purification
- Food
- 72 + Hour Supply of Food and Water
- Warmth and Shelter
- Windproof/waterproof matches
- Second method to start a fire
- Tent/shelter
- Wool-blend blanket or
- Sleeping bag
- Emergency reflective blanket
- Lightweight stove and fuel

- Hand and body warm packs

- Poncho

- Light Sources

- Flashlight with batteries

- Candle

- Light stick

- Tools

- Pocket knife

- Shovel

- Hatchet or Axe

- Sewing kit

- 50-foot nylon rope

- First Aid

- First aid kit and supplies

- Burn gel and dressings

- Bottle of potassium iodide tablets

- Communications

- Radio with batteries or radio with alternate power sources

- Whistle with neck cord

- Personal Sanitation

- Personal comfort kit (include soap, toothbrush and gel, comb, tissue, sanitary napkins, razor), and other needed items

- Extra Clothing

- A complete outfit of appropriate clothing for each family member. Include extra socks, underwear, hat, sturdy shoes, and gloves

- Money

- At least \$50 in small bills in your kit. Be sure to include quarters and dimes for phone calls

- Stress Relievers Games, books, hard candy, inspirational reading. For children: small toys, paper and pen, favorite security items

- Important Papers

- Copies of documents important to your family (such as birth certificates, marriage licenses, wills, insurance forms), phone numbers you might need, credit card information

- Additional Items - Extra food - Camp stove Mess kits and other cooking equipment - Sun block - Insect repellent Portable toilet - Special medication, extra glasses- Portable Container - Durable water resistant duffel bag, frame pack or day pack

*** Need To Know ***

1) Your go pack 72 hour kit should be in a portable container located near an exit of your house or better, sheltered in your backyard. 2) Each family member should have their own 72 hour kit with food, clothing and water. Distribute heavy items between kits. 3) Enclose the extra clothing, matches, personal documents, and other items damageable by smoke or water in plastic to protect them. 4) Keep a light source in the top of your 72 hour kit, so you can find it quickly in the dark. 5) Personalize your go pack 72 hour kit. Make sure you fill the needs of each family member. 6) Inspect your 72 hour kit at least twice a year. Rotate food and water every six months. Don't forget to check your medications. Check children's clothing for proper fit. Adjust clothing for winter or summer needs. Check expiration dates on batteries, light sticks, warm packs, food and water. 7) Consider the needs of elderly people as well as those with handicaps or other special needs. For example: for babies, store diapers, washcloth, ointment, bottles and pacifiers, and other special supplies. [72 hour kit]