



72 hour kit suggested supply list - one per family member

Food & Water	Check Off	Clothing	Check Off
ready to eat canned meats	<input type="checkbox"/>	long sleeve shirt	<input type="checkbox"/>
ready to eat canned fruits	<input type="checkbox"/>	short sleeve shirt	<input type="checkbox"/>
ready to eat canned vegetables	<input type="checkbox"/>	shorts	<input type="checkbox"/>
Non-electric can opener	<input type="checkbox"/>	pants	<input type="checkbox"/>
protein or fruit bars	<input type="checkbox"/>	underwear	<input type="checkbox"/>
dry cereal or granola	<input type="checkbox"/>	socks	<input type="checkbox"/>
jerky	<input type="checkbox"/>	sweater	<input type="checkbox"/>
peanut butter	<input type="checkbox"/>	jacket/poncho	<input type="checkbox"/>
dried fruit	<input type="checkbox"/>	hat	<input type="checkbox"/>
nuts	<input type="checkbox"/>	warm pajamas	<input type="checkbox"/>
crackers	<input type="checkbox"/>	gloves	<input type="checkbox"/>
canned juices	<input type="checkbox"/>	Seasonal clothing (winter, summer etc)	<input type="checkbox"/>
non-perishable pasteurized milk	<input type="checkbox"/>	scarf	<input type="checkbox"/>
high energy foods	<input type="checkbox"/>	tennis shoes	<input type="checkbox"/>
food (supplies) for infants	<input type="checkbox"/>		
comfort/stress foods	<input type="checkbox"/>	First Aid	Check Off
Plastic eating utensils, dishes, cups	<input type="checkbox"/>	anti-itch cream	<input type="checkbox"/>
*Household chlorine (unsented) bleach	<input type="checkbox"/>	aspirin or non aspirin pain reliever	<input type="checkbox"/>
water-1 gal per person per day	<input type="checkbox"/>	Band-Aids	<input type="checkbox"/>
		basic first aid guide	<input type="checkbox"/>
		gauze pads or rolls	<input type="checkbox"/>
		hydrogen peroxide	<input type="checkbox"/>
		insect repellent	<input type="checkbox"/>
		instant ice pack	<input type="checkbox"/>
		latex (non latex) gloves	<input type="checkbox"/>
		nail clippers	<input type="checkbox"/>
		prescription medications	<input type="checkbox"/>
		scissors	<input type="checkbox"/>
		triple antibiotic ointment (Neosporin)	<input type="checkbox"/>
		tweezers	<input type="checkbox"/>
		Non-prescription medications	<input type="checkbox"/>
		Soap, detergent	<input type="checkbox"/>
Hygiene	Check Off	Other	Check Off
toothbrush	<input type="checkbox"/>	Pet food and extra water for your pets	<input type="checkbox"/>
toothpaste	<input type="checkbox"/>	utility knife	<input type="checkbox"/>
soap	<input type="checkbox"/>	Paper towels, toilet paper	<input type="checkbox"/>
hand sanitizer	<input type="checkbox"/>	fire extinguisher	<input type="checkbox"/>
shampoo	<input type="checkbox"/>	plastic garbage bags	<input type="checkbox"/>
feminine hygiene	<input type="checkbox"/>		
toilet paper	<input type="checkbox"/>		
brush	<input type="checkbox"/>		
hair bands	<input type="checkbox"/>		
contact lens solution	<input type="checkbox"/>		
eyeglasses	<input type="checkbox"/>		

\* Household chlorine bleach (unscented) and a medicine dropper - when diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water.



## Suggested Important Document List

	401K Plan and Contact information
	Adoption, Custody or Foster care records
	ATM debit card and Pin numbers
	Auto Registration, title, Bill of Sale, License Plate and VIN numbers
	Bank Account numbers and Contact information
	Birth Certificates
	Bonds
	Brokerage Statements
	Business Insurance, Licenses and Records
	Cash and Checkbook
	Contracts
	Court Documents
	Credit Reports
	Credit Cards, Information and contacts
	Death Certificates
	Deeds to Cemetery Plots
	Dental and Medical Records
	Diplomas
	Divorce Information and Settlements
	Employment Benefits, records and contacts
	Family Emergency Preparedness
	Family History (Genealogy)
	Family Pictures (Scan and burn to CD's)
	Guarentees and Warranties
	House and Vehicle keys (spare)
	Homeowners Insurance
	Home Inventory (Video and List)
	ID Cards for each family member
	Life Insurance/insurance cards
	Mortgage/Loan information
	Passports
	Photo's of family members & pets
	Prepaid Phone Cards
	Social Security Cards/Numbers
	Utility Account Numbers
	Vehicle Insurance
	Wills

Additional suggested Evacuation Items if there is time

	Two-way radio/charged batteries
	Wind-up flashlight/radio
	parachute cord
	Lighters/Waterproof matches
	Flares/emergency glow sticks
	Local Map, Compass
	Batteries
	Axe/Hatchet
	Multi Tool
	Compact, mulit-functional shovel
	binoculars
	adjustable wrench
	Hammer
	Crowbar
	Scissors
	Duct Tape
	Garbage Bags
	Plastic Bags/ziploc bags
	Plastic bucket/portable toilet
	Permanent Marker, small tablet/pad of paper
	Leather gloves
	Sturdy shoes or boots
	Rain Poncho
	Watch
	Books, puzzles or other activities for children