



72-Hour Emergency Kit

Making an Emergency Kit is fun, easy, and can be done on a budget. Consider shopping at dollar stores, big box retailers, and looking around at home for the items you need. Items listed with a “D” can be easily found at dollar stores, “W” for Walmart and other big box stores, and “H” for home. Be sure to check around your house before buying anything as many items you may already have. Be sure to store your kit in an easily accessible place inside a backpack, duffle bag, or plastic tote. Lastly, remember you can build your kit over time and spread out the cost.

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| D | Non-perishable food |
| W | Baby formula and diapers |
| D | Can opener |
| D | 6L of water/person |
| H | Seasonal clothing and footwear |
| W | Crank or battery powered radio |
| D | Phone charging cord and battery |
| W | Crank or battery powered flashlight |
| D | Batteries |
| W | Basic tools |
| D | Blankets or sleeping bags |
| W | First aid kit |
| D | Whistle |
| D | Zip ties |
| D | Rope |
| D | Garbage bags |
| D | Face masks |
| D | Tarp |
| D | Hand Sanitizer |
| D | Baby/Hand wipes |
| D | Toilet Paper |
| D | Toiletries and personal hygiene items |
| D | Work gloves |
| H | Extra keys |
| D | Duct tape |
| H | Prescription Medications |
| D | Over the counter medications |
| D | Deck of cards |
| D | Matches and candles |
| D | Note and pencil |
| D | Water purification tablets |
| H | Cash |
| H | Copy of your Family Emergency Plan |



Be sure to check your kit twice a year and replace any expired food, broken items, or out dated medications.