The 72-Hour Emergency Preparedness Kit Checklist is essential and tailored to meet the basic survival needs for a period of 72-hours during or after a disaster. Individuals can store emergency supplies, tools, and water in one location that is readily available in your home, office and/or vehicle. Supplies can be stored in advance in an easy to carry suitcase, duffle bag or backpack ensuring they are easily accessible in the event of an emergency or an evacuation.

**First Aid Supplies**
- Adhesive bandages, various sizes
- Sterile dressing and pads, various sizes
- Conforming roller gauze bandage
- Triangular bandages
- Roll cohesive bandage
- Hand sanitizer
- Non-latex gloves
- Adhesive tape, 2 " width
- Antibacterial ointment
- Cold pack
- Scissors and tweezers
- Safety pins
- Cotton balls
- Sunscreen
- First aid manual

**Equipment and Tools**
- Portable, battery powered radio or windup/NOAA Weather Radio
- Flashlight (wind-up or battery powered)
- Waterproof matches or in waterproof container
- Manual can opener
- Paper cups, plates, and plastic utensils
- Duct tape, whistle, work gloves
- Paper, pens, and pencils
- Needles and thread
- Battery-operated travel alarm clock
- Re-sealable plastic bags
- Batteries

**Food and Water**
- Water
- Ready-to-eat meats, fruits, and vegetables
- Canned or boxed juice and soup
- High-energy foods (peanut butter, low sodium crackers, granola bars & trail mix)
- Special dietary needs
- Cookies, hard candy, cereals and powdered milk

**Clothes and Bedding Supplies**
- Clothing (3-day supply)
- Sturdy shoes or boots
- Rain gear, hat, sunglasses
- Blankets/sleeping bags and pillows

**Sanitation and Hygiene Supplies**
- Washcloth and small towel
- Soap
- Toothpaste, toothbrush, shampoo
- Deodorant
- Lip balm, insect repellent
- Plastic garbage bags, small/large
- Feminine supplies
- Toilet paper

**Non-Prescription and Prescription Med-Kit**
- Aspirin and non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Prescriptions/medications
- Extra eyeglasses/contact lenses

**Documents and Keys**
- Personal ID (Driver’s License/Passport)
- Cash
- Extra set of home and vehicle keys
- Insurance papers, immunization records
- Emergency contact list

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