



72 Hours ARE YOU READY? Emergency Supply List



- ☐ 3 day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)
- ☐ Can opener
- ☐ Paper plates, plastic cups and utensils, paper towels
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Water --- at least a gallon per person, per day for drinking and hygiene
- ☐ First aid kit
- ☐ Prescription medication and glasses
- ☐ Sleeping bag or warm blanket for everyone in your family
- ☐ Change of clothes to last for at least 3 days, including sturdy shoes; weather considered
- ☐ Matches in a waterproof container
- ☐ Toothbrush, toothpaste, soap, and other personal items
- ☐ Feminine hygiene supplies
- ☐ Fire extinguisher
- ☐ Wrench or pliers to turn off utilities
- ☐ Dust mask, and plastic sheeting and duct tape, to help filter polluted air
- ☐ Battery-powered or hand-cranked radio and extra batteries
- ☐ Flashlights and extra batteries
- ☐ Cell phone with charger, extra battery, and solar charger
- ☐ Whistle to signal for help
- ☐ Household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.)
- ☐ Local maps
- ☐ Cash or traveler's checks
- ☐ Emergency reference material such as first aid book or information from www.ready.gov
- ☐ Important family documents: copies of insurance policies, ID, and bank records in a waterproof container
- ☐ Pet supplies
- ☐ Diapers, Formula
- ☐ Paper, pencil
- ☐ Pet food and extra water
- ☐ Vehicle filled with fuel