

72 Hour Kit Checklist



The 72-Hour Kit are essential supplies, tailored to meet the basic survival needs for a period of 72 hours during or after a disaster. Store emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a suitcase, duffle bag, backpack, or individual pack.

First Aid Supplies

Adhesive bandages, various sizes
5 " x 9 " sterile dressing
Conforming roller gauze bandage
Triangular bandages
3 " x 3 " sterile gauze pads
4 " x 4 " sterile gauze pads
Roll 3 " cohesive bandage
Germicidal hand wipes or waterless, alcohol-based hand sanitizer
Antiseptic wipes
Medical grade, non-latex gloves
Adhesive tape, 2 " width
Antibacterial ointment
Cold pack
Scissors (small, personal), tweezers
Assorted sizes of safety pins
Cotton balls, sunscreen
First aid manual

Non-Prescription and Prescription Medicine Kit Supplies

Aspirin and non-aspirin pain reliever
Anti-diarrhea medication
Antacid (for stomach upset)
Laxative
Prescriptions
Extra eyeglasses/contact lenses

Sanitation and Hygiene Supplies

Washcloth and small towel
Towelettes and soap
Tooth paste, toothbrush
Shampoo, comb, and brush
Deodorants
Razor, shaving cream
Lip balm, insect repellent
Feminine supplies
Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper
Toilet paper

Equipment and Tools

Portable, battery-powered radio or wind-up NOAA Weather Radio
Flashlight (wind-up) and/or extra batteries
Waterproof matches or in waterproof container
Manual can opener
Mess kit or paper cups, plates, and plastic utensils
Multi-purpose tool, sugar, salt, and pepper
Duct tape, whistle, work gloves
Paper, pens, and pencils
Needles and thread
Battery-operated travel alarm clock
Re-sealable plastic bags

Food and Water

Water (4 pints)
Ready-to-eat meats, fruits, and vegetables
Canned or boxed juices, milk, and soup
High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix
Special foods for persons on special diets
Cookies, hard candy
Cereals and powdered milk

Clothes and Bedding Supplies

Clothes and bedding supplies
Complete change of clothes (3 day supply)
Sturdy shoes or boots
Rain gear, hat, sunglasses
Blankets/sleeping bags and camp pillows

Documents and Keys

Personal identification
Cash and coins (\$10.00), credit cards
Extra set of house keys and car keys
Copy of birth certificate, marriage certificate
Copy of driver's license, social security cards
Copy of passports, wills and deeds
Insurance papers, immunization records
Bank and credit card account numbers
Emergency contact list and phone numbers
Map of the area & phone numbers of places you could go

For more information:

Visit <http://www.uta.edu/uta/flu.html> or Emergency Management 817-272-0117