

# 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 817-272-0119