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

**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

**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
- Toothpaste, 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

**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](http://www.uta.edu/uta/flu.html) or Emergency Management 817-272-0119