

72 Hour Emergency Kit Checklist

Your emergency kit needs to contain enough supplies to sustain all family members for a minimum of three days (7 days would be even better). The following list is to provide ideas and suggestions - you do not need to have every item, especially if it is not applicable to your family situation. Place all of the items in 1 to 2 suitcases or large wheeled plastic tubs. Check food expiry dates periodically and replace as needed.

Food and Water - minimum 3 days supply of water-2 litres per person per day for drinking and 2 litres per person per day for cooking and sanitation. Also, at least 3 days supply of non-perishable food items - some ideas include:



- Canned - meat, fruit and vegetables,
- Granola bars,
- Trail mix,
- Cookies,
- Coffee and tea,
- Personal preference foods

Don't forget to include: a manual can opener, pocket knife, paper plates, cups, utensils

Safety

- Cellphone with chargers,
- First aid kit,
- Crank or battery-operated radio,
- Extra batteries or battery pack,
- Battery-operated or crank flashlight,
- Whistle,
- Matches or lighter,
- Small amount of cash in low denominations,
- Water purifying tablets,
- Dust masks



Personal Items

- Special needs items - medications, baby supplies, extra glasses, hearing aid batteries,
- Seasonal clothing and footwear for each member of the family,
- Sleeping bags or blankets,
- Toiletry items - hand sanitizer, toothbrush and toothpaste, toilet paper, paper towels, wet wipes, personal hygiene items,
- Financial and personal records (link to Important Documents),
- Toys, games, books, deck of cards to keep younger family members entertained