

72-hour Emergency Supply Kit Checklist



- Water—at least a gallon per person, per day
- Non-perishable and canned food
- Dried food such as biscuits, cookies
- First aid kit
- Cash
- Prescription medicines
- Extra batteries or an alternative power source
- Matches in a waterproof container (allow an adult to help)
- Toothbrush, toothpaste, soap
- Change of clothes
- Warm blanket for each person
- Paper plates, plastic cups and utensils, paper towels
- Battery-powered or hand-cranked radio
- Flashlights
- Whistle to signal for help
- Can opener (manual)
- Baby supplies (formula, diapers, etc.)
- Toys and games
- Mask and hand sanitizers

