

# Emergency Plan, 72 Hour Kits

**Invitation:** Determine what level you're at and take the next step!

## Ideas for levels of Short-term Preparedness

1. Make a family emergency plan
2. Assemble a 72-Hour kit for each family member
3. Assemble a folder of important documents you can grab at a moments notice
4. Have a portable family tent
5. Assemble a 1-week food kit (bucket, duffle, or backpack)
6. Make a list of things to take by room, in priority order, for an evacuation
7. Consider other short-term items: portable toilet, portable shower

## Resources

[BeReady.Gov Emergency Planning Resources](#)

[Create A Personal Plan - Columbia University](#)

## Sample 72-Hour Kit List - Rotate Food, Clothes Every 6 Months

- |  |  |
|--|--|
| <input type="checkbox"/> Backpack/duffle bag (wheels for kids)       | <input type="checkbox"/> First Aid Kit             |
| <input type="checkbox"/> 3-Days food (Ideas below)                   | <input type="checkbox"/> Headlamp and batteries    |
| <input type="checkbox"/> ½+ Gallon of water                          | <input type="checkbox"/> Family contact info, plan |
| <input type="checkbox"/> Bowl, cup, spoon, fork or spork             | <b><u>Optional</u></b>                             |
| <input type="checkbox"/> Camp stove & fuel (if needed, ideas below)  | <input type="checkbox"/> Water Filter              |
| <input type="checkbox"/> Matches or flint & steel, fire starter      | <input type="checkbox"/> Tent or Tarp w/ cord/rope |
| <input type="checkbox"/> Seasonal change of clothes                  | <input type="checkbox"/> Folding Saw               |
| <input type="checkbox"/> Poncho or rain jacket                       | <input type="checkbox"/> Hatchet                   |
| <input type="checkbox"/> Sleeping Bag & Pad (store near 72-hour kit) | <input type="checkbox"/> Pot/Pan, Soap             |
| <input type="checkbox"/> Toiletries, TP                              | <input type="checkbox"/> Multi-Tool or Knife       |
| <input type="checkbox"/> Soap, hand sanitizer                        | <input type="checkbox"/> Small towel or washcloth  |
| <input type="checkbox"/> Key Medications                             | <input type="checkbox"/> Camp pillow               |
|  | <input type="checkbox"/> Two-way radio             |

## Ideas/Tips

- ★ **Food:** Easy prep best, MRE's, dehydrated or freeze dried fruits and vegetables, Protein or fruit bars, Dry cereal, granola, oatmeal packets, Peanut butter, Ready-to-eat canned meats, Canned juices and non-perishable pasteurized milk, instant rice bags, High-energy foods, Food for infants, Comfort/stress foods, Food for pets, (avoid storing in garage in summer)
- ★ **Camping stoves:** Isobutane canister w/ small folding stove, alcohol burning, liquid fuel, solo-style wood burning