

72-Hour Kit

The Kits

There should be provisions for more than one type of emergency: one to shelter in place at home, and other kits ready to go: car kit, 3 days in a shelter, 3 days outdoors. What is the most likely emergency in your area?

Assemble a bag or pack that you can carry or drag that will minimally provide for your needs for three days. $24 \text{ hours/day} \times 3 \text{ days} = 72 \text{ hours}$. You must be able to pick it up or transport it yourself. Customize the kit for each person, one kit per person. If you have animals, make a kit for them.

- Drink – Washing
- Food
- Sanitation
- Medication – First Aid
- Warmth – Sleep
- Communications – Light
- Documentation – Cash
- Miscellaneous

Test the kit.

Water: $1 \text{ gallon/person/day} \times 3 \text{ days} = 3 \text{ gallons minimum}$

$3 \text{ gallons} \times 8.5 \text{ pounds/gallon} = 25.5 \text{ pounds}$

$2 \text{ liters} = 0.528334 \text{ gallon}$, 12 two-liter bottles = 3.17006 gallons

Food: non-perishable, can opener, utensils, bowl/plate, knife, fire starter

Sanitation: bar soap, dish soap, toileting & feminine hygiene needs, garbage bags

Medication/First Aid: list of doctors and medical needs, prescription medications, eyewear, medical devices, batteries/power, sunscreen, general first aid supplies

Warmth/Sleep: change of clothing appropriate to season, jacket or coat, poncho, sleeping bag and pad, plastic sheeting or tarp, rope or cord, duct tape

Communications/Light: mobile phone, AM/FM Radio, ham radio or walkie talkie, family communications plan, flash light, batteries, paper & pens & pencils, whistle

Documentation/Cash: copies of identification, contact list, utility bill, insurance policies, mortgage, cash

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Miscellaneous: screwdriver, adjustable wrench, pliers, sharp knife and sharpener, hatchet, tent, needles and thread, safety pins, reading, games

Factors to Keep in Mind

Households/individuals should consider and customize their plans for individual needs and responsibilities based on the methods of communication, types of shelter and methods of transportation available to them. Other factors to keep in mind include:

- different ages of members
- responsibilities for assisting others
- locations frequented
- dietary needs
- medical needs including prescriptions and equipment
- disabilities or access & functional needs including devices & equipment
- languages
- cultural and religious considerations
- pets or service animals

U.S. Federal Emergency Management Agency, American Red Cross, State of Utah

<http://www.fema.gov> > Navigation > Document and Resource Library

Preparing Makes Sense

Create Your Family Emergency Communications Plan

<http://ready.gov/make-a-plan> Make a Plan

<http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready>

<https://www.utah.gov/beready/index.html> Make a Plan, Get a Kit, Be Informed, Get Involved

Be diligent...search the internet, customize the kit(s) for your situation and trust your common sense!