72-hour kit checklist

Stay-Go Guide · 72-hour kit checklist

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Basic supplies

- [ ] Water: one gallon per person per day for at least 3 days (drinking and sanitation) — for 2 people: at least 6 gallons (Ready.gov, CDC, Red Cross)
- [ ] Food: at least a several-day supply of non-perishable, easy-to-prepare food (Ready.gov, Red Cross)
- [ ] Manual can opener (Ready.gov)
- [ ] Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert (Ready.gov)
- [ ] Flashlight (Ready.gov, Red Cross)
- [ ] Extra batteries (Ready.gov, Red Cross)
- [ ] First aid kit (Ready.gov, Red Cross)
- [ ] Whistle (to signal for help) (Ready.gov)
- [ ] Dust mask (to help filter contaminated air) (Ready.gov)
- [ ] Plastic sheeting, scissors and duct tape (to shelter in place) (Ready.gov)
- [ ] Moist towelettes, garbage bags and plastic ties (personal sanitation) (Ready.gov)
- [ ] Wrench or pliers (to turn off utilities) (Ready.gov)
- [ ] Local maps (Ready.gov, Red Cross)
- [ ] Cell phone with chargers and a backup battery (Ready.gov, Red Cross)
- [ ] Multi-purpose tool (Red Cross)
- [ ] Emergency blanket (Red Cross)

Documents, cash and contacts

- [ ] Copies of important documents (insurance, ID, bank records) saved electronically or in a waterproof, portable container (Ready.gov)
- [ ] Medication list and pertinent medical information (Red Cross)
- [ ] Family and emergency contact information on paper (Red Cross)
- [ ] Cash (Ready.gov, Red Cross)
- [ ] Extra set of car keys and house keys (Red Cross)

Personal and comfort items

- [ ] Soap, hand sanitizer and disinfecting wipes (Ready.gov)
- [ ] Feminine supplies and personal hygiene items (Ready.gov)
- [ ] Complete change of clothing for your climate, and sturdy shoes (Ready.gov)
- [ ] Sleeping bag or warm blanket for each person (Ready.gov)
- [ ] Prescription eyeglasses and contact lens solution (Ready.gov)
- [ ] Non-prescription medications you normally use (Ready.gov)
- [ ] Mess kits, paper cups, plates, paper towels and plastic utensils (Ready.gov)
- [ ] Paper and pencil (Ready.gov)
- [ ] Matches in a waterproof container (Ready.gov)
- [ ] Fire extinguisher (at home) (Ready.gov)

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