

72-Hour Emergency Kit Worksheet

Food and Water

- 1 gallon water (per person)
- Protein/Granola bars
- Trail mix
- Crackers
- 3-day supply of canned or prepackaged meat, beans, MRE's, soup, etc.
- Canned fruit
- Hard candy and/or gum (in tightly sealed bag)
- Infant food

Fuel and Light

- Flashlight
- Batteries
- Flares
- Candles
- Lighter
- Waterproof matches

Toiletries and Medication

- First Aid Kit
- Prescription Medication
- Toilet paper
- Feminine items
- Brush
- Toothpaste
- Toothbrush
- Soap
- Shampoo
- Baby items
- Diapers

Bedding and Clothing

- Change of clothing (1-2) (short and long sleeved)
- Jacket
- Undergarments
- Rain coat / poncho
- Sleeping bag / emergency blankets

Equipment

- Can opener
- Dishes / utensils
- Shovel
- Radio
- Pen and paper
- Hatchet
- Pocket knife
- Rope / cord
- Duct Tape

Vital Documents

- Bible
- Birth certificate(s)
- Marriage certificate
- Copy of will
- Passport(s)
- School records
- Immunization records
- Copy of Power of Attorney
- Naturalization papers
- Deeds
- Insurance policy numbers/info
- Mortgage info
- Credit card numbers and phone numbers
- Household effects inventory
- Extra personal checks
- Pre-paid phone card

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- Credit Cards
- Cash