72 Hour Kit Checklist

BE READY FOR THE FIRST THREE DAYS — WHEN HELP MAY NOT REACH YOU YET

There are many types of disasters: floods, fires, earthquakes, hurricanes and tornadoes, to name just a few. Government and relief agencies estimate that after a major disaster, it could take up to three days for relief workers to reach some areas. In such a case, your 72 Hour Kit could mean the difference between life and death. In other disasters affecting your family, a 72 Hour Kit means the difference between having a miserable experience or one that's like a pleasant family camp out.



Pack one kit per person — food, water, warmth, light, first aid, and the papers you'd need if you couldn't go home.

WATER & FOOD

- ☐ 3–5 gallons of water stored for sanitation and drinking
- ☐ Method of water purification
- ☐ Food
- ☐ 72 Hour supply of food and water
- ☐ Extra food

WARMTH & SHELTER

- ☐ Windproof / waterproof matches
- ☐ Second method to start a fire
- ☐ Tent / shelter
- ☐ Wool-blend blanket or sleeping bag
- ☐ Emergency reflective blanket
- ☐ Lightweight stove and fuel
- ☐ Hand and body warm packs
- ☐ Poncho

LIGHT SOURCES

- ☐ Flashlight with batteries
- ☐ Candle
- ☐ Light stick

TOOLS

- ☐ Pocket knife
- ☐ Shovel
- ☐ Hatchet or axe
- ☐ Sewing kit
- ☐ 50-foot nylon rope
- ☐ Camp stove
- ☐ Mess kits and other cooking equipment

FIRST AID & HEALTH

- ☐ First aid kit and supplies
- ☐ Burn gel and dressings
- ☐ Bottle of potassium iodide tablets
- ☐ Special medication or other needs
- ☐ Sun block
- ☐ Insect repellent
- ☐ Snake bite kit

COMMUNICATIONS & SANITATION

- ☐ Radio with batteries or radio with alternate power sources
- ☐ Whistle with neck cord
- ☐ Personal sanitation
- ☐ Portable toilet

72 Hour Kit Checklist — continued

PERSONAL COMFORT KIT

- ☐ Soap
- ☐ Toothbrush and gel
- ☐ Comb and brush
- ☐ Sanitary napkins
- ☐ Razor
- ☐ Other needed personal items

EXTRA CLOTHING

- ☐ A complete outfit of appropriate clothing for each family member
- ☐ Extra socks and underwear
- ☐ Hat, sturdy shoes, and gloves

MONEY

- ☐ At least $20 in your kit
- ☐ Quarters for phone calls

IMPORTANT PAPERS

- ☐ Copies of documents important to your family — birth certificates, marriage licenses, wills, insurance forms
- ☐ Phone numbers you might need
- ☐ Credit card information

STRESS RELIEVERS

- ☐ Games, books, hard candy, inspirational reading
- ☐ For children: small toys, paper and pen, favorite security items

PACK IT TO GO

- ☐ Durable water-resistant duffel bag, frame pack or day pack
- ☐ One bag per person, packed and ready to grab



BUILDING YOUR KIT IS ONLY HALF THE JOB!

Emergency supplies need maintenance. A kit you packed years ago may not be ready today.

- ☐ Expired food — replace it
- ☐ Damaged packaging — re-pack or replace
- ☐ Expired medications — replace them
- ☐ Water replacement dates — rotate stored water
- ☐ Dead batteries — test and replace
- ☐ Missing supplies — restock what was used
- ☐ Seasonal clothing needs — swap for the season ahead

Make a habit of checking your kit **at least twice a year** — and whenever your household needs change: a new baby, a child who's outgrown clothes, a new medication, a new pet.

Last checked: _____ Next check due: _____

Checked by: _____ Notes / what to replace: _____

CONTACT US FOR ADDITIONAL EMERGENCY PREPAREDNESS SERVICES & KITS

Ready to go further than a 72 hour kit? Ridge Pine can help your family, your pets, and your business be ready for whatever comes next — with DIY kits and done-for-you emergency preparedness and home & business inventory services.

DIY Family Emergency Planning Kit for Parents • DIY Emergency Planning Kit for Pets, Large & Small • DIY Home & Business Inventory Kits

www.ridgepineag.com • info@ridgepineag.com • 626.931.0304 & 719.203.1824