

## 72 HR KIT LIST

Have supplies ready in case of an emergency. Store them in a backpack or a duffle bag so you can take them with you if you have to evacuate the area.

### MUST HAVES:

- 2 litres of water per person per day (use sealed, plastic containers and replace every 6 months)
- 72 hours' worth of packaged or canned food that won't go bad, (replace the food once a year)
- Manual Can Opener
- Flashlight – wind up or with batteries
- Radio - wind up or with batteries
- Lighter
- Light Stick
- Pen & Paper
- Pocket Knife
- Garbage Bags
- Ziplock Bags
- Whistle
- Cup or Small Water Bottle
- Latex gloves
- Small Tarp
- Duct Tape
- Hand Sanitizer
- Dish Soap
- Toilet Paper
- Sanitary wipes
- Basic First Aid Kit and prescription medications (check the medications every six months to make sure they haven't passed their expiry date)
- Important family information such as a list of any medical conditions or medical devices, such as pacemakers
- Photocopies of all important identification for you and your family, including health card numbers (in a sealed waterproof bag)

### CONSIDER HAVING:

- Walking shoes, rain gear, and a change of seasonal clothing
- Sleeping bag or small blanket
- Spare cash in small bills
- A local map with your family's meeting place identified
- An extra set of car keys
- A list of your family doctors
- Special items for babies, elderly, or disabled household members
- Pet food, crate, and other needs for your pets.
- Cell phone, and charger
- Contact information for family and friends
- Any other personal items needed

