

Can You Make It Alone For 3 Days?



The first 72 hours after a major emergency or disaster are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises. You should be prepared to be self sufficient – able to live without running water, electricity and/or gas, and telephones – for at least three days following a major emergency. Keep on hand in a central location the following items:

72 Hour - Emergency Supplies Checklist

Essentials	Sanitation Supplies
<input type="checkbox"/> Water – One gallon per person per day (a week’s supply of water is preferable)	<input type="checkbox"/> Large plastic trash bags for waste; tarps and rain ponchos
<input type="checkbox"/> Water purification kit	<input type="checkbox"/> Large trash cans
<input type="checkbox"/> First aid kit, freshly stocked	<input type="checkbox"/> Bar soap and liquid detergent
<input type="checkbox"/> First aid book	<input type="checkbox"/> Shampoo
<input type="checkbox"/> Food	<input type="checkbox"/> Toothpaste and toothbrushes
<input type="checkbox"/> Can opener (non-electric)	<input type="checkbox"/> Feminine hygiene supplies
<input type="checkbox"/> Blankets or sleeping bags	<input type="checkbox"/> Toilet paper
<input type="checkbox"/> Portable radio, flashlight and spare batteries	<input type="checkbox"/> Household bleach
<input type="checkbox"/> Essential medications	Safety and Comfort
<input type="checkbox"/> Extra pair of eyeglasses	<input type="checkbox"/> Sturdy shoes
<input type="checkbox"/> Extra pair of house and car keys	<input type="checkbox"/> Heavy gloves for clearing debris
<input type="checkbox"/> Fire extinguisher – A-B-C type	<input type="checkbox"/> Candles and matches
<input type="checkbox"/> Pets: Food, water and restraint (leash or carrier)	<input type="checkbox"/> Light sticks
<input type="checkbox"/> Cash and change	<input type="checkbox"/> Change of clothing
<input type="checkbox"/> Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned baby food and juice	<input type="checkbox"/> Knife or razor blades
	<input type="checkbox"/> Garden hose for siphoning and fire-fighting
	<input type="checkbox"/> Tent
<input type="checkbox"/>	<input type="checkbox"/> Communication kit: paper, pens, stamps

List continued

Cooking	Tools and Supplies
<input type="checkbox"/> Plastic knives, forks, spoons	<input type="checkbox"/> Axe, shovel, broom
<input type="checkbox"/> Paper plates and cups	<input type="checkbox"/> Adjustable wrench for turning off gas
<input type="checkbox"/> Paper towels	<input type="checkbox"/> Coil of 1/2 " rope
<input type="checkbox"/> Heavy-duty aluminum foil	<input type="checkbox"/> City map
<input type="checkbox"/> Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are no gas leaks; never use charcoal indoors)	<input type="checkbox"/> Tool kit including a screwdriver, pliers and a hammer
<input type="checkbox"/>	<input type="checkbox"/> Plastic tape, staple gun and sheeting for window replacement
<input type="checkbox"/>	<input type="checkbox"/> Bicycle
Any Additional Items	Any Additional Items
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Be Informed, Aware, and Prepared!

For more information or to purchase items visit our website:

All-Things-Emergency-Prepared.com