

72 Hour Emergency Kit Checklist

*You may wish to add some of these items to your Red Cross 72 Hour Emergency Kit

Personal Items

- Copies of important documents
 - Birth/marriage certificates
 - Identification; licenses, passports
 - Insurance policies
 - Bank account records
 - Land deeds
 - Immunization/vaccine records
 - In-town and out-of-town contact information
 - Photos of family members
- * **Keep these in a water-proof container/bag**
- Prescriptions and medications (check expiry dates/talk to your pharmacist)
- Spare house/car keys

Light

- A flashlight + extra batteries
- A candle + matches + lighter
- 12 hour light stick

Children

- Needs for infants and small children (ie. formula, diapers)
- playing cards/puzzles/paper/pencils

Sanitation

- Toilet paper (remove center tubes & place into ziplock bags to save space)
- Hand sanitizer, moist towelettes
- Personal hygiene items
- 2 biohazard bags

Safety

- 50 ft. nylon rope
- Potable radio + extra batteries
- HELP sign
- Whistle
- fire extinguisher
- leather palm gloves

- first aid kit
 - multi-function knife
 - duct tape
 - 2 dust masks
 - 1 plastic sheet
 - tools; hammer, screwdriver, wrench/pliers to turn off utilities
- *know how to locate and shut off the power, water and gas**

Cash

- small bills
- change for payphones
- traveller's cheques

Personal Kits

- 1 small flashlight
- 1 sleeping bag OR warm blanket OR emergency blanket
- change of clothes/sturdy shoes
- waterproof poncho/coat
- water in a water bottle
- energy bars
- a book
- extra pairs of glasses

Food/Water

- 20 L water container
- 20 tablets water purification tablets
- *2L of water (per person per day)**
- *water is also needed for hygiene, food preparation and dish washing**
- canned food (meats, beans, juice)
- manual can opener
- dried food (trail mix)
- granola and energy bars
- food and water for pets

You may consider adding camping supplies such as mess kits, camp stove, camp stove fuel, tent, etc.

We recommend that you go over your 72 Hour Emergency Kit **once a year** to check that everything is still functional.