

## Building Your Family's 72 Hour Kits

This page is intended to help you prepare for disasters (large and small) before they happen. Using this procedure, your family can assemble a 72 hour and emergency evacuation kit in small steps over a six month period. Recent events, however, have shown that your kit should be capable of supporting you and your family for at least 6 days! Check off each item for each week as you gather the contents and finish the "To Do" work. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen or pantry shelves. Remember to rotate your perishable supplies and change water as needed for freshness. An asterisk (\*) next to an item means "for each family member".

Remember: Check the kit every few months to be sure your supplies are fresh!

## Create a Family Disaster Supplies Kit

### **To Get Started:**

- Check your house for supplies that you already have on hand.
- Decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation.
- Meet With Your Family To Plan:
- Discuss the types of disasters that could occur.
- Explain how to prepare; explain when and how to respond.
- Discuss what to do if you need to evacuate.

### **Should you evacuate?**

- Where will you go?
- How will you get there?
- What is your *alternate* route?
- What must you take with you?

### **Practice your plan.**

- Suggested Foods
- Select based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible.
- Canned Meat: Tuna, chicken, ravioli, chili, beef stew, spam, corned beef, etc.
- Vegetables: Green beans, kernel corn, peas, beets, kidney beans, carrots, etc.
- Fruit: Pears, peaches, mandarin oranges, applesauce, etc.
- Cereal: Cheerios, Chex, Kix, Shredded Wheat, etc.
- Quick Energy Snacks: Granola bars, raisins, etc.

### **Remember to rotate your supplies as needed for freshness!**

- In case of evacuation, your emergency evacuation or "Go-Pack" should:
- Be in a back pack or other similar container that is easily carried.
- Contain your most important items such as a change of clothes, coins for pay phones, out-of-state contact info, medications, important papers, etc.

Note: Items marked with an asterisk "\*" should be purchased for each member of the household. For water, plan to have **one gallon of water, per person, per day! Pets should be counted also when figuring water!**

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| <p><b>Week 1, From Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon Water*</li> <li><input type="checkbox"/> 1 jar Peanut Butter</li> <li><input type="checkbox"/> 32 oz canned Juice</li> <li><input type="checkbox"/> 1 manual Can Opener</li> <li><input type="checkbox"/> Instant Coffee, Tea and Powdered Drink Mix</li> <li><input type="checkbox"/> Permanent Marking Pen to mark dates</li> <li><input type="checkbox"/> 1 gal Water per Pet</li> </ul> <p><b>ALSO:</b> Pet food, Diapers, Baby food</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make Family Plan</li> <li><input type="checkbox"/> Date perishable food items using pen</li> </ul> | <p><b>Week 2, From Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Crescent Wrench</li> <li><input type="checkbox"/> 50 ft Heavy Rope</li> <li><input type="checkbox"/> 1 roll Duct Tape</li> <li><input type="checkbox"/> 2 Flashlights with batteries</li> <li><input type="checkbox"/> "Bungee" Cords</li> </ul> <p><b>ALSO:</b> Pet leash or carrier</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check for household hazards</li> <li><input type="checkbox"/> Add latches to kitchen cabinet doors and acquire / install window protection devices</li> </ul> | <p><b>Week 3, From Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon Water*</li> <li><input type="checkbox"/> 8 oz canned Meat*</li> <li><input type="checkbox"/> 16 oz canned Fruit</li> <li><input type="checkbox"/> 1 bx Sanitary Napkins</li> <li><input type="checkbox"/> 1 Video Tape</li> <li><input type="checkbox"/> 1 gal Water per Pet</li> </ul> <p><b>ALSO:</b> Pet food, Diapers, Baby food</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Video tape home contents for insurance purposes</li> <li><input type="checkbox"/> Store video tape in a secure location</li> </ul> | <p><b>Week 4, From Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 roll Plumber's Tape</li> <li><input type="checkbox"/> 1 Crow bar</li> <li><input type="checkbox"/> Smoke Detector with batteries</li> </ul> <p><b>ALSO:</b> extra medications or prescriptions marked "emergency use" if needed</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Install / Test smoke detectors</li> <li><input type="checkbox"/> Plan for Pet sheltering</li> </ul>  |
| <p><b>Week 5, From Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gal Water*</li> <li><input type="checkbox"/> 8 oz canned Meat*</li> <li><input type="checkbox"/> 16 oz canned Fruit*</li> <li><input type="checkbox"/> 16 oz canned Vegetables*</li> <li><input type="checkbox"/> 2 roll Toilet Paper*</li> <li><input type="checkbox"/> Extra Toothbrush*</li> <li><input type="checkbox"/> Toothpaste</li> </ul> <p><b>ALSO:</b> Special Diet Foods if needed</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have home fire drill</li> </ul>  | <p><b>Week 6, From First Aid Supply Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aspirin or Acetaminophin</li> <li><input type="checkbox"/> Compresses</li> <li><input type="checkbox"/> Roller Gauze</li> <li><input type="checkbox"/> First Aid Tape</li> <li><input type="checkbox"/> Adhesive Bandages</li> </ul> <p><b>ALSO:</b> extra hearing aid batteries if needed</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check into Day Care or School Disaster Plans if you have children</li> </ul>   | <p><b>Week 7, From Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon Water*</li> <li><input type="checkbox"/> 16 oz Ready-To-Eat Soup*</li> <li><input type="checkbox"/> 16 oz canned Fruit*</li> <li><input type="checkbox"/> 16 oz canned Vegetables*</li> <li><input type="checkbox"/> 1 gal Water per Pet</li> </ul> <p><b>ALSO:</b> Extra plastic baby bottles, formula and diapers if needed</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Establish an Emergency Contact</li> </ul>   | <p><b>Week 8, From First Aid Supply Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Antiseptic</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Liquid Hand Soap</li> <li><input type="checkbox"/> Disposable hand wipes</li> <li><input type="checkbox"/> Sewing Kit</li> </ul> <p><b>ALSO:</b> Extra glasses, saline solution, contact lenses and lens case if needed</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place extra shoes and flashlight under beds for emergency use at night</li> </ul> |
| <p><b>Week 9, From Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon Water*</li> <li><input type="checkbox"/> 16 oz Ready-To-Eat Soup*</li> <li><input type="checkbox"/> Liquid Dish Soap</li> <li><input type="checkbox"/> Plain Liquid Bleach</li> <li><input type="checkbox"/> 1 box Heavy Garbage Bags</li> <li><input type="checkbox"/> 1 gal Water per Pet</li> </ul> <p><b>ALSO:</b> Extra Pet food, Diapers, Baby food</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> place "family photos" in a secure place</li> </ul>  | <p><b>Week 10, From Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof portable plastic container with lid for important papers</li> <li><input type="checkbox"/> Portable AM/FM radio with batteries</li> </ul> <p><b>ALSO:</b> Blankets or sleeping bags for each family member</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Photocopy important documents</li> <li><input type="checkbox"/> Store securely</li> </ul>  | <p><b>Week 11, From Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 32 oz canned Juice*</li> <li><input type="checkbox"/> Large plastic food bags</li> <li><input type="checkbox"/> 1 box energy snacks</li> <li><input type="checkbox"/> 3 roll paper towels</li> </ul> <p><b>ALSO:</b> Sunscreen</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Store a roll of quarters and dimes for phone calls</li> <li><input type="checkbox"/> Locate nearest payphone</li> </ul>  | <p><b>Week 12, From First Aid Supply Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Anti-diarrhea medicine</li> <li><input type="checkbox"/> Rubbing alcohol</li> <li><input type="checkbox"/> 2 pr latex gloves</li> <li><input type="checkbox"/> Ipecac syrup and activated charcoal</li> <li><input type="checkbox"/> children's vitamins</li> </ul> <p><b>ALSO:</b> Denture care items if needed</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Locate utility shut offs and show the family</li> </ul>  |

**Week 13, From Hardware Store**

- Whistle
- ABC Fire Extinguisher
- Pliers
- Vise-Grips

**To Do:**

- Take First Aid and CPR classes

**Week 14, From Grocery Store**

- 16 oz canned Fruit\*
- 8 oz canned Meat\*
- 16 oz canned Vegetables\*
- 1 pk Paper Plates
- 1 pk Plastic Utensils
- 1 pk Paper Cups
- Adult Vitamins

**To Do:**

- Plan to check on neighbors

**Week 15, From Hardware Store**

- Extra Flashlight with batteries
- 1 roll Masking Tape
- Hammer
- Assorted Nails
- "L" brackets for securing furniture
- Wood Screws

**To Do:**

- Check roof turbines and prepare covers or plan for storage
- Secure Water Heater and other appliances and furniture against movement

**Week 16, From Grocery Store**

- 8 oz canned Meat\*
- 16 oz canned Vegetables\*
- Heavy Garbage Bags
- Kleenex
- Quick energy snacks

**To Do:**

- Find neighborhood safety organizations
- Join them

**Week 17, From Grocery Store**

- 1 box Graham Crackers
- Assorted plastic containers with lids
- Assorted safety pins
- Dry cereal

**To Do:**

- Arrange for friend or neighbor to care for children when needed

**Week 18, From Hardware Store**

- Latches or fasteners for cupboards
- Double sided tape and velcro fasteners

**To Do:**

- Pack a "go-pack" in case of evacuation
- Finish securing cabinets, furniture and appliances

**Week 19, From Grocery Store**

- Heavy garbage bags
- Quick energy snacks

**To Do:**

- Have home disaster drill

**Week 20, From Hardware Store**

- Camping or utility knife
- Extra radio with batteries

**ALSO:** Purchase emergency escape ladder for second floor bedrooms if needed

**To Do:**

- Learn workplace disaster plans

**Week 21, From Hardware Store**

- Heavy work gloves
- Disposable dust masks
- Screwdrivers
- Safety goggles

**Week 22, From Hardware Store**

- Extra manual can opener
- 3 roll Paper towels

**Week 23, From Grocery Store**

- Camping lantern with extra fuel or batteries
- Extra flashlights with batteries

**Week 24, From Hardware Store**

- Large plastic food containers
- Plastic food wrap
- Aluminum Foil

Provided by Laura Lawrence, Professional Organizer

[www.harmonywithin.com](http://www.harmonywithin.com)

