

72-Hour Emergency Kit Checklist

In every kit, you need to have the basic essentials, such as water, flashlight, blanket, personal identification and medication, but you also need to personalize it for you and each member of your household. What would you personally need included in your kit to survive 72 hours? If you have children, perhaps a special toy to give them comfort; if you have a pet, perhaps their favorite snack and a leash; a chocolate bar; book to read; puzzle books or a deck of cards. Also think about including a flash drive containing your favorite family photos.

Use this table as a checklist to ensure you are well prepared.

- Water (4 litres per person per day)
- Food (non-perishable)
- Manual can opener
- Crank or battery-operated flashlight, with extra batteries
- Battery-operated or crank radio
- Extra keys, for your house and car
- First aid kit
- Cash in small bills
- Special needs items (i.e. medications, list of prescriptions, infant formula, diapers)
- Personal hygiene items
- Important family documents (i.e. copies of birth and marriage certificates, passports, licences, wills, land deeds and insurance)
- A copy of your emergency plan

Additional items to consider for your kit:

- Change of clothing and footwear for each person
- Plastic sheeting
- Scissors and a pocket knife
- Whistle
- Hand sanitizer
- Pet food and pet medication
- Garbage bags and twist ties
- Toilet paper
- Multi-tool or basic tools (i.e. hammer, wrench, screwdriver etc.)
- Duct tape
- Sleeping bag or warm blanket for each member of your house hold
- Small toys, books for adults and children, colouring books and crayons
- Deck of cards, dice or other pocket game
- Back up cell phone charger

Other Tips:

- Pack the contents of your kit in an easy-to-carry bag(s) or a case on wheels.
- Store your kit in a place that is easy to reach, and ensure that everyone in your family knows where it is.
- Your kit does not have to be built overnight. Spread your shopping over a few weeks. Purchase a few items every time you go to the store.
- Your water supply is meant to cover what you would drink as well as what you might need for food preparation, hygiene and dishwashing.
- Check and refresh your kit twice a year—when the clocks shift to/from daylight savings time is a good time. Check all expiry dates and replace food and water with a fresh supply. Check batteries and replace as needed.
- Keep your cell phone or mobile device fully charged.
- Keep your vehicle's gas tank full.

