



# 72 Hour Emergency Supply Kit NORAD-USNORTHCOM/SG



## Recommended Items to Include in a Basic Emergency Supply Kit:

- Water:** one gallon per day per person for three days (drinking and sanitation)
- Food:** 3-day supply of non-perishable food
- Radio:** battery-powered or hand crank radio; NOAA Weather Radio with tone alert
- Flashlight**
- Batteries:** extra for flashlight and radios
- First aid kit**
- Whistle:** to signal for help
- Dust mask:** to help filter contaminated air
- Plastic sheeting** and **duct tape** to shelter-in-place
- Moist towelettes, garbage bags** and **plastic ties for personal sanitation**
- Wrench** or **pliers** to turn off utilities
- Can opener** for food (if kit contains canned food)
- Local maps**
- Storage Containers** (e.g. 2 – 35 gallon plastic tubs)

## Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications** and **glasses**
- Infant formula** and **diapers**
- Pet food** and extra **water** for your pet
- Important family documents** such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash** or **traveler's checks** and change
- Sleeping bag** or **warm blanket** for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing** including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach** and **medicine dropper** – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher**
- Matches** in a waterproof container
- Feminine supplies** and **personal hygiene items**
- Mess kits, paper cups, plates** and **plastic utensils, paper towels**
- Paper** and **pencil**
- Books, games, puzzles** or **other activities** for children

For additional information on kits and planning guidance go to  
<http://www.ready.gov>