

72-Hour Kit Checklist

You should prepare a portable kit for each member of your family. Consider preparing one for your place of work as well as one for children to keep at school and one for the car.

- WATER. Store 1 gallon of water per person per day. Keep at least a three day supply of water.
- FOOD and UTENSILS. At least one to three-day supply of non-perishable food that could include ready-to-eat meats, juices, high-energy foods such as granola or power bars.
- NOAA WEATHER ALERT RADIO, either hand crank or battery powered, extra batteries
- BLANKETS/PILLOWS/SLEEPING BAG
- FLASHLIGHT and extra batteries or hand crank, or light sticks. Do not use candles/open flame during an emergency.
- WHISTLE for emergency signal.
- DUST or FILTER MASKS, N95 mask recommended for preventing inhalation of airborne particles.
- MOIST TOWELETTES or baby wipes for sanitation
- TOOLS - Wrench or pliers to turn off utilities, broom, shovel, Hammer and Working Gloves.
- CAN OPENER for food (if kit contains canned items).
- PLASTIC SHEETING and DUCT TAPE to “seal the room” for sheltering in place.
- MEDICATIONS to include prescription and non-prescription medications such as pain relievers, stomach remedies and etc.
- FIRST AID SUPPLIES. An assortment of bandages, ointments, gauze pads, cold/hot packs, tweezers, scissors and sanitizer.
- PERSONAL HYGIENE ITEMS to include at least one change of clothing/shoes/outerware.
- GARBAGE BAGS and plastic ties for personal sanitation.
- PAPER SUPPLIES. Note pads, markers, pens, pencils, plates, napkins, paper towels and etc.
- CAMERA. Disposable camera to record damage.
- CASH/ATM AND CREDIT CARD. Keep enough cash for immediate needs in small denominations.
- EMERGENCY CONTACT PHONE LIST.
- MAPS. Local road and area maps.
- MEDICAL HISTORY LISTS. For every family member in your home make a list of medical history, all medications (by name) and dosages.

Emergency Container Tip:

Create emergency kit(s) and store in any type of containers with wheels. Such as for the larger kits; garbage cans, foot-lockers, chest, duffle bags, tote bags, ice chest, various size suitcases or various size plastic boxes. A water-tight container is most ideal for keeping a 72-Hour Kit.

Suggested Areas To Store Emergency Kit(s):

Store grab-and-go food and water container where easy to access in case you are advised to evacuate.

Children and adults keep their emergency kit(s) in their bedrooms. Let the children have responsibility for their own backpack and have the older children buddy-up and take care of younger brothers or sisters. Mom, dad take care of baby.

If a senior citizen resides with the family, also buddy-up and help them for they move slower and a backpack may be too heavy for them to carry.

Don't forget house pets should also have emergency kits to be ready to grab-and-go. Pack the foods pet(s) normally eat, leashes, crates and litterbox.

Re-think where all of your camping gear is located throughout the household. Keep in one area if possible for easy access so you're not looking in the dark with a flashlight for things.

Always keep a pair of hard sole shoes underneath your bed.



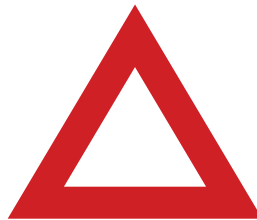
Car Survival and Emergency Kit

You never know when you might become stranded in your vehicle on a deserted highway or even on a busy freeway during rush hour traffic. Be ready to take care of you and your family in just such an occasion.

- ✓ Maintain a minimum of ½ tank of gas
- ✓ Keep vehicles serviced for seasonal changes

Keep secured for safety in a sturdy container the following items:

- Water in 2-liter bottles (*filled ¾ full to allow for freeze expansion*); rotate water every six months
- Food/power bars, candy, dehydrated fruit, nuts, etc.; **rotate food regularly**
- Blankets (*can be Mylar*) or a sleeping bag Coat(s) or jacket(s), rain poncho, boots/goulashes, gloves for warmth and work
- Road emergency flares
- Flashlight with extra batteries, fluorescent light sticks
- Fire extinguisher (*Standard Class ABC*)
- Collapsible shovel
- Jumper cables
- Whistle (*equipped to hang around neck*)
- Dust masks
- Personal sanitation items (*toilet tissue, moist towelettes, feminine supplies*)
- Writing pad, pencils, road map
- Siphoning Hose
- Ice scraper
- Additional car kit items: tools needed to change a flat tire, bag of sand or rock salt, tow rope
- First aid kit:** _____
 - rubber disposable gloves
 - adhesive bandage strips
 - gauze
 - non-adherent sterile pads (*various sizes*)
 - first aid tape
 - large cotton cloth (*use for sling, tourniquet, bandage*)
 - anti-bacterial ointment
 - burn cream
 - aspirin | pain reliever
 - PRESCRIPTION MEDICATIONS
 - eye wash
 - hand wipes (*antiseptic*)
 - hand sanitizer
 - cotton balls | cotton pads
 - alcohol swabs
 - iodine (*bottle or pads*)
 - scissors | tweezers
 - pocketknife
 - razor blades
 - safety pins (*various sizes*)
 - needles | heavy thread
 - matches (*waterproof*)
 - chemical ice pack
 - hand warmer packets



ALWAYS BUCKLE UP, DON'T TEXT AND DRIVE AND ALWAYS DRIVE SAFELY!

✓ **Make a Plan** ✓ **Get a Kit** ✓ **Be Informed** ✓ **Get Involved**

For more preparedness information: BeReadyUtah.gov





Top 10 List

for Preparedness on a Budget

- 1 Plan** for the types of disasters that can happen in the area where you live. Utah's hazards include severe weather, flooding, wildfires, tornadoes, earthquakes.
- 2 Create** your own personalized disaster supply list. You may not need everything included in "ready made" kits and there may be additional items you need based on your personal situation. For example, if you have infants, you may need diapers, bottles and formula. Don't forget to have supplies in your car and at work.
- 3 Budget** emergency preparedness items as a "normal" expense. Even \$20.00 a month can go a long way to helping you be ready. Buy one preparedness item each time you go to the grocery store.
- 4 Save** by shopping sales. Make use of coupons and shop at stores with used goods. Don't replace your disaster kit items annually, just replace and cycle through those items that have a shelf life (e.g., batteries, food). You may want to test the radio and flashlight every September to make sure they are in good working order.
- 5 Store** water in safe containers. You don't have to buy more expensive bottled water, but make sure any containers you use for water storage are safe and disinfected. Don't use glass containers.
- 6 Request** preparedness items as gifts. We all receive gifts we don't need or use. Wouldn't it be better if your friends and family members gave you gifts that could save your life? Don't forget to protect them by sending preparedness gifts their way, too.
- 7 Think ahead.** You are more likely to save money if you can take your time with focused and strategic shopping. It's when everyone is at the store right before a storm hits that prices are going to be higher. Use a list to avoid duplicating items when you are stressed or panicked.
- 8 Review** your insurance policy annually and make necessary changes. When a disaster strikes, you want to know that your coverage will help you get back on your feet. Renters need policies too, in order to cover personal property.
- 9 Update** contact records. Have an accurate phone list of emergency contact numbers. If you are prepared, you may be able to help friends and neighbors who need assistance. By sharing preparedness supplies, you can help each other.
- 10 Trade** one night out to fund your disaster supply kit. Taking a family of four to the movies can cost upwards of \$80-\$100. Just one night of sacrifice could fund a disaster supply kit.

Congratulate Yourself!

The majority of Americans are not prepared. Pre-planning will help you and your family better survive a disaster.

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Pet Preparedness

Pets need a 72-hour kit as well:

- Food, water, bowls, litter box, medicine, first aid supplies and health records.
- Leashes and pet carriers should be together and accessible.
- Identify pet-friendly places to stay within a 50-mile radius. Keep your pet with you if at all possible during a disaster.
- Horses and companion livestock should not be turned loose or locked in a barn during an emergency. A large fenced area is the best way to protect your animals in a disaster involving extreme weather events.
- Always have a week's supply of food on hand and under cover.
- Have an emergency source of water if services are disrupted.
- Have transportation to evacuate. Remember that borrowing from a neighbor may not be feasible.
- Have current health/vaccination records, proof of ownership and brand or microchip identification.
- Identify nearby and distant evacuation sites – boarding facilities, fairgrounds, arenas etc.
- Keep a first aid kit in your truck or trailer.
- Production livestock should not be turned loose or locked in a barn. A large fenced area is the best way to protect your animals in a disaster involving extreme weather events.
- Maintain a contact list of normal and alternate suppliers.
- Know your brand inspectors and extension agents.
- Membership in a growers or producers organization that can provide assistance in an emergency will reduce losses.
- Know how to reach your insurance agent in the event of losses.
- When possible, move stock out of flood or fire zones in advance; provide extra feed in severe weather events.