A 72 hour kit is essentially everything you might need to survive for 3 days without running water, electricity, heating, or shelter. Understand that you may need to evacuate your home during an emergency and this kit should be easily transportable.

Keep it to a reasonable size in a water resistant container. Cardboard boxes and open containers are not very useful for this. A cheap and easy way to build your kit is to purchase 5 gallon buckets with lids and handle for easy transportation. This will be a sturdy water proof and critter proof container. Duffel bags and back packs also make for easy transport, but must be stored in a dry place off the ground away from flood danger.

You should update your kit at least every six months rotating out food and checking expiration dates of water and medications.

Check to see if batteries still hold a charge. You may want to build individual kits for each family member or build a kit for the whole family.

When planning for a disaster, don’t forget your pets! Disasters can be hard enough on everyone without having to leave your loved ones fending for themselves. During disasters, many domesticated animals are left trapped in their homes or yards unable to gain access to water and food and most, despite what we may think, cannot fend for themselves. Planning for your pets now can alleviate stress during a disaster. It can stop you from having to make the awful decision to leave spot or fluffy alone to thirst or starve.

Begin building your kit by gathering the essentials. Use the check list below to calculate how much of each item you need and then check it off on the left when you have it.
### WATER FOR 3 DAYS

<table>
<thead>
<tr>
<th>People</th>
</tr>
</thead>
<tbody>
<tr>
<td>_______ (how many people) x 1 gallon (4 L) = _______</td>
</tr>
<tr>
<td>example: 3 people will need 3 gal (12 L)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pets</th>
</tr>
</thead>
<tbody>
<tr>
<td>_______ (how many lbs of pets you have) x 3 oz = _______</td>
</tr>
<tr>
<td>example: 2 dogs weighing 50 lbs each will need 300 oz or about 2.3 gal (8.7 L) (128 oz = 1 gal); These numbers are calculated for cats and dogs. For other pets consult your veterinarian.</td>
</tr>
</tbody>
</table>

### OTHER PET SUPPLIES

- Pet leashes/Pet carriers (consider getting a duplicate leashes to store in your 72 hour kit in case your regular leashes become inaccessible during the disaster)

- Water Bowl

### EQUIPMENT

- manual can opener
- pocket knife
- small garden sized shovel
- 1 box water proof matches
- 2 lighters
- 3-5 flares/glow sticks
- 3-5 large candles (candles are rated for how many hours in which they burn. Plan on needing candles for at least 4 hours each night)

- _______ (how many people) x 6 plastic/paper plates = _______
- _______ (how many people) x 3 plastic/paper bowls = _______
- _______ (how many people) x 3 plastic/paper cups = _______
- (consider in investing in camping dishes made of metal that will allow you to wash and reuse)

- _______ (how many people) x 1-2 sets of utensils = _______
- _______ (how many people) x flashlight = _______

- radio (battery operated)
- batteries (for flashlights & radio)
- pen and paper
- axe/hatchet
- rope
- duct tape
- bar soap
- dish soap (small container) (keep in plastic Ziploc)
- _______ (# of people) x toothbrushes
- 1 tube toothpaste (Keep in plastic Ziploc; Keep in mind these have expiration dates. Check these when doing your six month update)
- 1 small tube of lotion (keep in plastic Ziploc)

- _______ (# of people) x $20 = _______

### FOOD

#### People

(used only dry, canned or preserves; and keep in mind you probably won’t be able to cook.)

- _______ (how many people) x 3 can of soup = _______
- _______ (how many people) x 3 can of fruit = _______
- _______ (how many people) x 3 can of meat/jerky = _______
- _______ (how many people) x 3 granola/protein bars = _______
- _______ (how many people) x 1 package crackers = _______
- _______ (how many people) x 4.5 cup cereal = _______
- _______ (how many people) x 3 can beans/chili = _______
- _______ (how many people) x 3 snacks/candy (be careful when packing candies. Hard candies such as jolly ranchers and chocolates can melt and mint gums can leave everything in your kit minty) = _______

#### Pets – Cats & Dogs

(food will vary slightly depending on how many calories per lb/kg your pet food carries. Minimum food quantities for very small cats (4-5 lbs ½ cup/day) and dogs (3 – 8 lbs 1/3 cup/day) should be observed and less food will be needed for very large dogs over 100 lbs. These numbers are only averages but will be sufficient for survival over three days)

- _______ (how many lbs of dogs) x 0.172 cups = _______
- _______ (how many lbs of cats) x 0.261 cups = _______

Example: 17 lbs of cats x 0.087 cups = 4.4 cups of dry cat food for three days.

### WARMTH & SHELTER

- Plastic sheet/tarp/plastic survival tent
- _______ (# of people) x 1 poncho = _______
- _______ (# of people) x blankets & emergency heat blankets = _______
- 1 cloth/rag
- 1 towel
- _______ (# of people) x 1 long sleeved shirt, 1 jacket, 1 pair of socks, 1 pair of pants, 1 pair of shoes = _______

### MEDICAL & FIRST AID

- 1 comb
- 1 toilet paper roll
- sanitary pads (if female)
- any prescription medication for 3 days

First aid kit containing at minimum:

- small and large band aids
- Neosporin
- antiseptic pads
- gauz pads
- ace bandages
- pain killer (ex. acetaminophin, Ibuprofen) adult and children doses if necessary
- antihistamine (ex. Benedryl)
- antihistamine topical (bug bites, poison ivy)
- tweezers
- tongue depressors (for small splints)