

# 72 HOUR PREPAREDNESS KIT

## Build a Disaster Supply Kit for Home

Your family will cope best by being prepared for a disaster or emergency before it strikes. There are six basics supplies you should stock for your home in the case of an emergency: **water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items for medical conditions.** Keep the items that you would most likely need during an evacuation in an easy-to-carry container.

My Preparedness Kit Contains	YES	NO
Water		
Food		
Medications and Special Items		
Tools and Supplies		
Sanitation		
Clothing and Bedding		
Emergency Car Kit		
Important Family Documents		
First Aid Kit		

### SUGGESTIONS AND REMINDERS

- ❖ Store your kit in a convenient place known to all family members. Keep a smaller version of your Disaster Supplies Kit in the trunk of your car.
- ❖ Keep items in air tight plastic bags.
- ❖ Change your stored water supply every six months so it stays fresh.
- ❖ Rotate your stored food every six months.
- ❖ Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- ❖ If you store important records on computers, keep backup copies on diskettes and/or keep hard copies on file.
- ❖ Keep the tanks on your vehicles full of gas for emergency evacuation.
- ❖ Ask your physician or pharmacist about storing prescription medications.

**Water** Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).\*

**FOOD:** Store at least a three-day supply of non-perishable food. Select food items that are compact and lightweight.

Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned soups
- Instant coffee, tea bags
- Dry Pasta
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

## First Aid Kit

Assemble a first aid kit for your home and one for each car.

- (20) adhesive bandages, various sizes
- (1) 5" x 9" sterile dressing.
- (1) conforming roller gauze bandage.
- (2) triangular bandages.
- (2) 3 x 3 sterile gauze pads.
- (2) 4 x 4 sterile gauze pads.
- (1) roll 3" cohesive bandage.
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) antiseptic wipes.
- (2) pair large medical grade non-latex gloves.
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Cold pack.
- Scissors (small, personal).
- Tweezers.
- CPR breathing barrier, such as a face shield.

## Non-Prescription Drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative

### Special Items

Remember family members with special requirements, such as infants and elderly or disabled persons

#### For Baby\*

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

#### For Adults\*

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies

- Extra eye glasses

## Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils\*
- Emergency preparedness manual\*
- Battery-operated radio and extra batteries\*
- Flashlight and extra batteries\*
- Cash or traveler's checks, change\*
- Non-electric can opener, utility knife\*
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

## Sanitation

- Toilet paper, towelettes\*
- Soap, liquid detergent\*
- Feminine supplies\*
- Personal hygiene items\*
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

## Clothing and Bedding

\*Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots\*
- Rain gear\*
- Blankets or sleeping bags\*
- Hat and gloves
- Thermal underwear
- Sunglasses

## Entertainment (based on the ages of family members)

- Games (cards) and books
- Portable music device

## Important Family Documents

- Keep these records in a waterproof, portable container:
  - Will, insurance policies, contracts deeds, stocks and bonds
  - Passports, social security cards, immunization records
  - Bank account numbers
  - Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

## FAMILY DISASTER PREPAREDNESS IN 5 STEPS

1. **DISCUSS** the disasters most likely to happen in your area and their impact on your family's safety. Hazards in Montana include home fires, severe winter weather and storms, earthquakes, flooding, and hazardous materials threats.
2. **TRAIN** all family members. Take first aid classes. Learn to use a fire extinguisher and how to shut off utilities. Do not take the chance that the only person who knows first aid or how to turn off the natural gas will be at home when needed.
3. **ASSEMBLE** your disaster supplies into a personal 72 hour emergency preparedness kit. This would include food, water, clothing and medications to last you at least 72 hours. You need enough supplies for each family member.
4. **IDENTIFY** in and out of state emergency contact names and numbers and provide copies to each family member. Post a copy near your phone and put copies in your 72 hour disaster supplies kit. When local phone service is out, family members can use their out-of-state-contact to relay messages.
5. **MAINTAIN** your readiness. Review your disaster preparedness plan with your family at least once a year. Identify what new training, equipment or supplies you may

need. Conduct fire evacuations and earthquake "drop, cover and hold" drills

## MORE INFORMATION ON FAMILY PREPAREDNESS CAN BE FOUND ON THESE WEB SITES:

[www.fema.gov](http://www.fema.gov) (education)  
[www.ready.gov](http://www.ready.gov) Ready America and Ready Kids  
[www.montanahelp.org](http://www.montanahelp.org)  
[dma.mt.gov/des/](http://dma.mt.gov/des/)

### *Another source of information:*

**Are You Ready? An In-depth Guide to Citizen Preparedness (IS-22)** is FEMA's most comprehensive source on individual, family, and community preparedness. The guide has been revised, updated, and enhanced in August 2004 to provide the public with the most current and up-to-date disaster preparedness information available.

**Are You Ready?** Provides a step-by-step approach to disaster preparedness by walking the reader through how to get informed about local emergency plans, how to identify hazards that affect their local area, and how to develop and maintain an emergency communications plan and disaster supplies kit. Other topics covered include evacuation, emergency public shelters, animals in disaster, and information specific to people with disabilities.

**Are You Ready?** Also provides in-depth information on specific hazards including what to do before, during, and after each hazard type. The following hazards are covered: Floods, Tornadoes, Hurricanes, Thunderstorms and Lightning, Winter Storms and Extreme Cold, Extreme Heat, Earthquakes, Volcanoes, Landslide and Debris Flows (Mudslide), Tsunamis, Fires, Wildfires, Hazardous Materials Incidents, Household Chemical Emergencies, Nuclear Power Plant, and Terrorism (including Explosion, Biological, Chemical, Nuclear, and Radiological hazards).

**Are You Ready?** Also available in [Spanish](#), can be used in a variety of ways including as a read-through or reference guide. The guide can also be used as a study manual guide with credit awarded for successful completion and a 75 percent score on a final exam. Questions about the exam should be directed to the FEMA Independent Study Program by calling 1-800-238-3358 or by going to [www.training.fema.gov/emiweb/is](http://www.training.fema.gov/emiweb/is).