



72 Hour Emergency / Disaster Supply Cache

- **Water** - one gallon of water per person per day for at least three days, for drinking and sanitation
Personal water purifiers that contain a microbial water purification cartridge that removes approximately 99% of waterborne cysts and protozoa, as well as waterborne bacteria and viruses
A three-day supply of water purification tablets

Water bottle or thermos.
- **Food** - at least a three-day supply of non-perishable food
Protein/Granola Bars / Trail Mix /Dried Fruit
Crackers/Cereal (for munching)
Canned Tuna, Beans, Meat, Vienna Sausages, etc.
(‘Pop top’ cans that can be opened without a can opener are ideal.

Military Meals-Ready to Eat (MREs) offer full meals, including a main entrée, a side dish, dessert, beverage powder.
Canned Juice
Candy/Gum

Additional Supplies

- First aid kit
- 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**
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

- **Prescription medications**
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Books, games, puzzles or other activities for children

Bedding and Clothing

Change of clothing

(short- and long-sleeve shirt

Undergarments

Raincoat/Poncho

[Blankets and Emergency Heat Blankets and Cloth and Plastic Sheet

Fuel and Light

Battery Lighting (Flashlights, Lamps) and extra batteries
(consider a hand crank light)
Flares
Candles
Lighter
Waterproof Matches
Whistle (to signal for help)
Flashlight Extra batteries

Equipment

Can Opener, dishes/utensils
Shovel and ax
Radio (with batteries, consider a hand crank radio)
Battery-powered or
Wrench or pliers
fit in a Ziploc bag. Also include feminine hygiene products, which can be used as bandages or to plug wounds in an emergency.)
Cleaning Supplies (A small bottle of hand sanitizer, soap, shampoo, dish soap, etc.)
Up-to-date Immunization Cards
Medication (Acetaminophen, Ibuprofen, children's medication, antacid tablets, etc.) and prescription medication (A 3-day supply.)
Diapers and baby wipes o Small garbage bags with ties (personal sanitation)

Personal Documents and Money (Place these items in a waterproof container.)
Legal Documents
(Birth/marriage certificates, wills, passports, contracts, etc.)
Vaccination papers
Insurance policies

Cash

Credit cards (Be sure to have idea to create a wallet-sized card on which home, work and cellular phone numbers are listed for both immediate and extended family members. This card can be laminated, and a copy can be given to all family members listed to be kept in their wallets in case of emergency)