

The 72-Hour Emergency Kit should be individually tailored to meet the basic survival needs of your family for three days to a week. Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash can, suitcase, duffle bag, footlocker or individual pack.

Emergency Needs

- Battery Powered Radio
- First Aid Kit & Manual
- Sleeping Bags & Blankets (wool & thermal)
- Manual Can Opener
- Waterproof Matches
- Non-Perishable Foods
- Flashlight
- Extra Clothing
- Water Storage (1 gallon/person/day)
- Water Purification Tablets
- Utility Knife
- Emergency Candles
- Extra Eyeglasses / Contact Lenses
- Essential Medications
- Whistle

Food

Suggested non-perishable food items: Ready-to-eat goods in unbreakable containers, canned meats, juice, fruits & vegetables, powdered milk, infant care foods, crackers, peanut butter, freeze-dried & dehydrated goods.

Sanitation Kit

- Plastic Bucket w/ Tightly Fitted Lid
- Plastic Bags & Ties
- Disinfectant / Bleach
- Improvised Toilet Seat
- Paper Cups & Plates
- Personal Toiletries
- Baby Supplies
- Toilet Paper
- Aluminum Foil
- Paper Towels
- Personal Hygienic Needs
- Plastic Utensils
- Soap/Hand Sanitizer

Other Emergency Needs

- Pen & Paper
- Money
- Addresses & Phone Numbers
- Work Gloves
- Basic Tools

Standard First Aid Kit

- First Aid Manual
- Aspirin or Pain Relievers
- Laxatives
- Rubbing Alcohol
- Diarrhea Medicine
- Petroleum Jelly
- Soap
- Salt
- Gauze
- Band-aids
- Triangular Bandage (36"x36"x52")
- Elastic Bandage
- Cotton Balls
- Cotton Swabs
- Safety Pins
- Scissors
- Thermometer
- Sanitary Napkins (Pressure Dressing)
- Disposable Diapers (Dressing/Splint/Padding)
- Paper Tape, such as Micropore
- Matches
- Needles
- Tweezers
- Small Splints, Popsicle Sticks
- Heavy String
- Prescriptions
- Individual Medical Needs
- Baking Soda (½ tsp. soda + 1 tsp. salt + 1 qt. water for shock)

Car Survival Kit

- Always maintain at least ½ tank of gas
- First Aid Kit & Manual
- Class ABC Fire Extinguisher
- Radio & Batteries
- Non-Perishable Food Stored in Coffee Can
- Bottled Water
- Bag of Sand, Shovel & Tools
- Blankets/Sleeping Bags
- Paper & Pencil, Map, Tissues, Premoistened Towels, Plastic Bags, Essential Medications
- Tow Chain / Strap
- Flashlights & Batteries
- Reflectors & Flares
- Waterproof Matches & Candles
- Jumper Cables
- Short Rubber Hose for Siphoning

Make Copies of All Legal Papers

- Marriage License
- House Mortgage
- Vacation Home/Property Ownership
- Automotive Ownership
- Wills
- Jewelry / Art Appraisals
- Drivers Licenses
- Trailers, Snowmobiles, Boat Ownerships
- Insurance Policies
- Bank Accounts

Establish an Out-of-State 24-Hour Telephone Contact

1. Calls going *out* from a disaster will not overload phone lines as much as calls coming *in* to a disaster area.
2. Inform all relatives *now* on procedures to call the out-of-state phone contact, not after a disaster has occurred. Individual location and status should be requested.
3. Take color pictures of every room plus pictures of valuables. Send one copy of legal papers and one copy of pictures to an out-of-state contact.

Plan How Your Family Will Stay in Contact if Separated by Disaster

Pick two meeting places:

1. A location a safe distance from your home in case of fire
2. A place outside your neighborhood in case you can't return home.

When Assembling Emergency Supplies for the Household, Include Pet Items

- Pet food stored in sturdy containers
- Water
- Bowls
- Cat Litter and Litter Pan / Poop Scooper
- Leashes / Harnesses
- Medications / First Aid Kit
- Copies of medical records
- Phone numbers for veterinarian & animal control

Meet with the Neighbors

Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical). Consider how you could help neighbors with special needs (elderly or disabled). Make plans for child care or pet care, in case parents / owners can't get home.

How to Store Water

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances.

Emergency Outdoor Water Sources

If you need to find water outside your home, you can use these sources:

- Rainwater
- Streams, rivers & other moving bodies of water
- Ponds & lakes
- Natural springs

Be sure to purify the water by one of these methods:

1. Boil water for one minute, then let it cool. Boil an additional three minutes if more than one mile above sea level.
2. Disinfection (unscented household liquid bleach: (½ tsp. / gal. of water, stir & let stand 30 min.)
3. Water purification tablets
4. Commercial water purification devices (found in camping supply stores)

Other Considerations

- Stock enough supplies for each family member to last several days to a week.
- Have extra cash on hand in case electronic transactions (ATM card, credit cards, etc.) cannot be processed.
- Make sure everyone in your family knows what to do if a disaster happens.

Contact Your Local Emergency Management Office or Health Department Emergency Preparedness and Response Program

Find out which disasters are most likely to happen in your community. Ask how you would be warned and how to obtain information during an emergency.

Preparedness is everyone's responsibility.

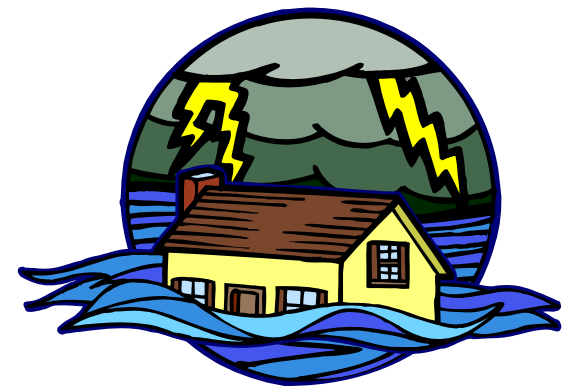
Not just government agencies, but all sectors of society - service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations, as well as every individual citizen – should plan ahead for disasters.

During the first few hours or days following a disaster, essential services may not be available.

People must be ready to act on their own.

*Adapted from Colorado Division of
Emergency Management brochure.*

72-Hour Family Emergency Kit



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