



FOCUS HUMANITARIAN ASSISTANCE  
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## Suggested Contents for a 72 Hour Disaster Kit:

### Basic Kit:

- Food – at least a 3-day supply per person of calorie-dense, nonperishable, prepare food, and a can opener
- Water – 1 gallon per person per day for at least 3 days for drinking and sanitation
- Battery powered flashlight with extra batteries
- Battery powered or hand cranked radio (NOAA Weather Radio is preferred) with extra batteries
- Cell phone with an extra home and car charger
- First Aid Kit including compresses, adhesive bandages, first aid tape, antiseptic wipes, hand sanitizer, gauze, latex-free gloves, antibiotic ointment, burn ointment, and biohazard waste bags
- Sanitation and personal hygiene items including toothbrush, toothpaste, shampoo, lotion, soap, razor, deodorant, comb, and shower bag
- Medication and necessary medical items, as needed (glasses, contact lenses, hearing aids, walker etc.)
- Multi-purpose tool, whistle, dust mask and duct tape
- Emergency blankets
- Extra clothing and sturdy shoes
- Copies of personal documents (medication list, pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies) in a waterproof Go Bag
- Copies of Evacuation and Communication plans
- Extra cash, preferably small bills
- Rain ponchos and hand warmers
- Maps of the area
- Extra set of car and home keys
- Paper and pens or pencils

### Optional Items (depending on family members and needs):

- Infant formula, diapers and baby supplies, as needed (bottles, baby food, etc.)
- Pet supplies, as needed (collar, leash, ID, food, carrier, bowl)
- Games and activities for children
- Light sticks or lanterns
- Germicidal wipes / moist towelettes and towels
- Water pouches or water container
- Water purifying tablets
- Two-way radios
- Work gloves, tools, plastic sheeting, scissors and rope to help secure your home
- N95 or surgical masks
- Sleeping bags
- Paper cups, plates, paper towels, plastic utensils
- Solar charger to power cell phone and radio
- Fire extinguisher

### Sites where kits can be purchased:

[Amazon](#)

[Costco](#)

[ReadyAmerica](#)

[Sam's Club](#)

[Walmart](#)