



FOCUS HUMANITARIAN ASSISTANCE
1 (877) FOCUS59 | www.focus-usa.org

Suggested Contents for a 72-Hour Disaster Kit & Go-Bag

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]
- ✓ **Flashlight with extra batteries**
- ✓ **Radio** [Battery powered with extra batteries; NOAA Weather Radio is preferred]
- ✓ **Multi-purpose tools, plastic sheeting, and duct tape**
- ✓ **Gloves and rain ponchos**
- ✓ **Whistle**
- ✓ **Emergency blankets**
- ✓ **Tissue Pack**
- ✓ **Garbage bags**
- ✓ **First Aid Kit** [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** [Toothbrush, toothpaste, shampoo, lotion, soap, razor, deodorant, comb, sanitary napkins, and shower bag]
- ✓ **Go-Bag**
 - ✓ Family emergency plan
 - ✓ Face coverings*
 - ✓ Hand sanitizers*
 - ✓ Medications list
 - ✓ Extra cell phone charger/battery pack/cell phone car charger
 - ✓ Flashlight
 - ✓ Travel First Aid Kit
 - ✓ Pertinent medical information
 - ✓ Proof of address
 - ✓ Deed/lease to home and businesses
 - ✓ Passports
 - ✓ Birth certificates
 - ✓ Insurance policies/ health insurance cards
 - ✓ Extra cash (small bills)
 - ✓ Maps of the area
 - ✓ Extra set of car and home keys
 - ✓ Pen and paper
 - ✓ Extra clothing
 - ✓ Digital copies of important documents: Home interior/exterior and family photos, records, identification cards, policies, etc.

Optional supplies

- ✓ Baby items [Infant formula, diapers and baby supplies, as needed (bottles, baby food, etc.)]
- ✓ Pet supplies [Collar, leash, ID, food, carrier, bowl]
- ✓ Water pouches or water container
- ✓ Water purifying tablets
- ✓ Two-way radios
- ✓ Work gloves, scissors, and rope to secure your home
- ✓ Light sticks or lanterns
- ✓ Games and activities for children
- ✓ 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](#)

