



72-hour kit list (THINK LONGER)

This is for a shelter in place situation- But can also be grabbed if evacuating by car to add to your supplies.

○ 4 litres of water per person/per day	○ First aid kit- well stocked	○ Candles/light source
○ Shelf stable foods/easy to prep ○ Keep a rotating stock in-house.	○ Emergency medications- prescription and routine use- pain killers, Neosporin, etc.	○ Crank radio/light- some come with many options- may even charge your devices.
○ Can opener- manual	○ Vitamins	○ Lighters/matches
○ Camping stove/outdoor cooking options	○ Medical devices/needs (glasses, spacer for inhalants, etc.)	○ Garbage bags
○ Specialty food or limited access food	○ Blankets, warm clothes	○ PPE- masks, gloves, etc.
○ Comfort food items/drinks (coffee and or tea, hot chocolate)	○ Duct tape	○ Whistle
○ Pet food and supplies	○ Toilet paper	○ Hand sanitizer/soap
○ Cash in small bills/coins	○ Copies of important documents	○ Contact lists/important info printed
○ Colouring books, books, cards	○ Pen and paper	○ Photos of members of your family
○ Personal hygiene options	○ Feminine hygiene products *if need	○ Utility knife
○ Personal comfort items	○ Tools: hammer, wrench, screwdriver, scissors	○ Landline telephone- still works from any active jack to call 911
○ Small container of bleach	○ Walkie-talkies and batteries	○ Light blankets
○ Map of utility shut-off locations	○ Spare shoes	○ Spare set of keys for all items

Rotate consumables at the same time as you change your batteries/change your clocks. Replace medications with newer options and put stored ones back into daily use. Check Expiry Dates

- This is a shelter-in-place list so items like clothing/ sleeping blankets or dishes are not included- those would be in your bug-out bag options. You are home and likely have these items.
- Have these stored in one place that is easily accessible- especially in a place you may need to shelter for severe weather (ie/basement). Keep in mind in the case of evacuation- if by car- this can also be a grab and go option

