

72 hour kit

How to build your own



Water



Food



Clothing and
blankets



Medication



First aid kit



Hygiene kit



Flashlight, batteries
and radio



Remember:

- You need 1 kit per person
- Only bring the basic, essential items.
- Keep your kit in an easy to reach place (don't hide it).
- Keep it light.
- Talk with your family about what else you might need.