



"Preserving Our Families... Strengthening Our Communities"

72-hour Personal Pack Shopping List

Duffel Bag or Back Pack

Water: Three gallons of water (a gallon of water per day per person)

Food: (Essentials: 2 servings of meat, 2 servings of dairy, 4 servings of fruits and vegetables, 4 servings of grain)

Clothing: (One change of clothing warm/cool and walking shoes, jacket, poncho)



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First Aid Kit: (Customize to your needs! Medications and medical equipment)

Emergency Equipment: (Basic camping supplies, tent, blanket, sleeping bag, pillow, cooking utensils, flashlight, battery radio, cell phone, batteries, matches, rope, knife, candles, string)



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Personal Items: (Toothbrush and paste, towel, wash cloth, soap, deodorant, towel, toilet paper, paper towels, brush, hair spray, shampoo, extra glasses, money, dust mask, plastic bags, watch, tissues, proof of address, these are things YOU will want to have with you to make you more comfortable.)

Fun Stuff: (These are the things that will occupy free time and relieve stress. Games, fun foods, toys)



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Special Needs: (Things that only you know you need)

Work Items: (Tablet of paper, pen/pencil, tape, business cards, family, friend and work phone lists, map)

Extra hints:

- Remember to rotate food and water. Label with rotation dates.
- Keep packs easily accessible.
- Everyone in the family is responsible for their own pack.
- Don't make it so heavy you can't lift it.
- Fill children's packs with essentials and while you load the car, let them add extra items of their choosing to their packs.
- Expect and plan for the electricity to be off.
- Keep a full tank of gas. . . START your car if smoke is accumulating.



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