

RESOLVE TO BE READY - 2012

In a disaster, what matters most?

If you have to escape your home, you'll leave your car, toys, games, food, clothing and money behind to save your life and that of your family. Unfortunately, some of those items could come in handy when you go into survival mode. Build the right kind of kit for your situation and have it in an easy-to-grab location when you have to go in a hurry.

72-hour kit vs. food storage: What's the difference?

Families should have a 72-hour-grab-and-go kit for each member. This is the kit you take with you as you run out the door. Food storage is part of your preparation for sheltering at home for an extended period of disaster or financial upset. Here's your checklist for the 72-hour kit, which can fit in a backpack. You'll find you already own many of the items on the list. Have a kit at home, in your car and at work:

72-HOUR KIT:

- Food and water to last for three days
- Extra eyeglasses
- Flashlight with batteries
- Small first-aid kit
- Extra batteries
- Waterproof matches
- Knife
- Dust mask
- Cash (small bills)
- Comfort food
- Small, portable radio with batteries
- Emergency blanket
- Poncho
- Mouthwash
- Hand sanitizer
- Scissors
- Tweezers
- Latex or vinyl gloves
- Sturdy work gloves
- Duct tape
- Garbage bag
- Non prescription drugs
- Feminine products
- Prescription medications
- Sunscreen
- Petroleum jelly
- Small candles
- Glow stick
- Family emergency plan
- Emergency contact information
- Hat
- Notepad
- Pen or pencil
- Whistle
- Entertainment items

FOR LONG-TERM SHELTERING AT HOME:

- Food storage
- Sanitation bucket/supplies
- Tent or tarp and rope
- Cooking fuel
- Tools
- Flashlights and batteries

ADDITIONS FOR THE CAR KIT:

- Fire extinguisher
- Flashlight
- Good shoes
- Can opener
- Cell phone and charger
- Jumper cables
- Extra motor oil
- Maps
- Wet wipes
- Basic tools, including flares
- Day pack to carry items if you must leave your vehicle
- Toiletries
- Keep gas tank above half
- Blankets or sleeping bag

DON'T FORGET FIDO OR FIFI (KIT ITEMS FOR PETS):

- Pet food
- Can opener
- Potable water and bowls
- Pet carrier
- Leash
- Cat litter box, scoop and plastic bags
- Medications/medical records
- Pet first-aid kit

FAMILY FIRST-AID KIT:

- Sterile adhesive bandages (*assorted sizes*)
- Sterile gauze pads
- Hypoallergenic adhesive tape
- 40-inch triangular bandages
- Scissors and tweezers
- Epi pen (if allergic to bee stings)
- Sewing needles
- Wet wipes
- Antiseptic soap
- Antiseptic solution (iodine)
- Neosporin
- Thermometer
- Tongue depressors
- Tube of petroleum jelly
- Safety pins
- Cleaning agent/soap
- Latex gloves
- Sunscreen
- Insect repellent
- Caladryl or equivalent
- First-aid manual
- Pain relievers
- Anti-diarrhea medicine
- Antacid
- Laxative
- Rubbing alcohol
- Cotton balls
- Heavy string