



St. John Ambulance

**SAVING LIVES**  
at work, home and play

## **72-Hour (3 Day) Emergency Preparedness Kits** **Basic (Family) Emergency Supply Kit:**

*Large, clear plastic container*

- Water (1 gallon per person per day)
- Food (3-day supply of non-perishable food)
- Manual can-opener
- Utensils, plates and cups
- Battery-powered or hand crank radio (extra batteries)
- Battery-powered or hand crank flashlight (extra batteries)
- Candles and matches/lighters
- Hand sanitizer
- First aid kit (family and sport)
- Prescription medication – if necessary
- Pet food and supplies – if necessary
- Over the counter medications
- Whistle (to signal for help)
- Dust mask (help filter contaminated air)
- Plastic sheeting/tarp (water-proof shelter)
- Sleeping bag or warm blanket for each household member
- Toiletries and personal hygiene items
- Garbage bags (for keeping things dry)
- Sanitary wipes
- Duct tape
- Road flares
- Towelettes (can be moistened for personal sanitation or injury)
- Basic tools (i.e. a wrench/pliers to turn off utilities)
- Local maps of the surrounding area (resources, support, shelter, help, medical aid)
- Extra keys (house and car)
- Important family documents (ID, licence, passport, insurance and bank records...etc. – preferable on USB instead of paper copies)
- Cell phone with chargers, inverter or solar charger

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## **Additional Emergency Kit Supplies (Longer than 72-hours)**

- Two additional litres of water per person per day for cooking and cleaning
- Change of clothing and footwear for each household member
- Toilet paper
- Activities for children (books, puzzles, toys...etc.) – if necessary
- Household chlorine bleach or water purifying tablets (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners)
- Small fuel-operated stove and fuel

