

Emergency Kit

72-hour
self-sufficiency

Water and food

- ☐ Water: 2 liters per person per day (small bottles, easier to carry)
- ☐ Food that needs no cooking: energy bars, dehydrated food, canned goods, tetrapack food

Health

- ☐ First aid kit: gloves, disposable masks, blunt-tip scissors, gauze, bandages, adhesive tape, band-aids, saline solution, digital thermometer
- ☐ Regular medication for each family member

Clothing and warmth

- ☐ A change of clothes and shoes per person
- ☐ Sleeping bag or blanket per person

Tools

- ☐ Hammer, gloves, screwdrivers, pliers, adjustable wrench
- ☐ Small pocketknife
- ☐ Lighter or matches
- ☐ Rubber hose

Light and communication

- ☐ Flashlight (battery or hand crank)
- ☐ Portable battery-powered radio + spare batteries
- ☐ Portable power bank

Hygiene

- ☐ Personal hygiene items
- ☐ Hand sanitizer
- ☐ Toilet paper
- ☐ Paper towels
- ☐ Disposable masks
- ☐ Garbage bags

Documents and money

- ☐ Copies of documents in a waterproof bag (ID, passport, birth certificate, family record book, property deed or lease)
- ☐ Copies of house and vehicle keys
- ☐ Cash

Other

- ☐ Bleach or water purification tablets
- ☐ Cooking utensils (at least two pots)
- ☐ Plastic bags

Household & meeting point

Family member

Name

Notes (age, needs, medication)

e.g. asthma inhaler

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e.g. asthma inhaler

Meeting point if separated

e.g. corner of Main St. and 5th

Out-of-area contact

Name and phone number

Note: adjust according to family composition (children, older adults, pregnant women, people with disabilities or specific medical conditions) and local risk context.

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