

Emergency kit checklist printable (72-hour kit)

Emergency Kit Checklist for teens/older kids

- \$50 cash
- prepaid phone or phone cards or cell phone with charger
- 3 changes of clothes and under clothes
- pajamas
- socks
- sandals or light weight shoes (or both)
- medications (prescription and non-prescription)
- person hygiene (toothbrush, toothpaste, deodorant, shampoo, conditioner, hairbrush/ties, sanitary napkins, hand sanitizer, q-tips)
- first aid kit (simple)
- sewing kit
- whistle
- compass
- waterproof matches (or buy a 3-1 with a compass, whistle and match container)
- 3-day supply of non-perishable food
- can opener (if packing canned foods like Vienna sausages and fish)
- 3 sealed water bottles
- empty water bottle with water sanitization tablets or bleach
- roll of toilet paper in baggie or wrapper
- tissues (travel packs)
- raincoat/poncho
- emergency blanket
- flashlight/batteries (do not store batteries in flashlight)
- phone charger cable
- portable battery charger
- activities, games, cards
- candles
- baggies
- plastic gloves
- dust mask
- baby wipes (for self-cleaning in place of shower)
- garbage bags (2-3)
- lighter
- eating utensils
- small shovel
- radio/batteries (do not store batteries in radio)
- pocket knife/utility knife
- small axe
- rope, twine, clothes pins
- duct tape
- extra eyeglasses or contacts
- books

3 gallons of drinking water and 3 gallons of sanitation water (these will not be stored in your bag, but kept safe in case you are staying at your home or can take them with you to a safe location)