

# EMERGENCY

## Adult 72 Hour Checklist

### Emergency Supplies:

	Cash (in small bills)
	Emergency Blanket
	First Aid Kit
	Flashlight with Batteries
	Hand warmers
	Life Straw
	Lighter
	Poncho
	Radio with Batteries
	Whistle

### Hygiene:

	Baby Wipes
	Chapstick
	Comb
	Deodorant
	Feminine Hygiene Products
	Hand Sanitizer
	Kleenex
	Lotion
	Razor/ Shave cream
	Shampoo/Conditioner
	Soap
	Toilet Paper
	Toothbrush/Toothpaste
	Washcloth/Hand towel

### Activities:

	Activity Book
	Notebook and Pencil/Pen

### Clothing:

	Long Shirt and Pants
	2 Pair of Socks
	2 Underwear

### Food: Day 1

	<b>B</b>	Instant Oatmeal, Carnation
	<b>L</b>	Crackers/Peanut Butter, fruit
	<b>D</b>	Ramen Noodles, Pudding Cup
	<b>S</b>	Fruit Snacks, Trail Mix

### Day 2

	<b>B</b>	Instant Oatmeal, Carnation
	<b>L</b>	SpaghettiOs, Pudding Cup
	<b>D</b>	Easy Mac, applesauce
	<b>S</b>	Granola bar, fruit snacks

### Day 3

	<b>B</b>	Instant Oatmeal, Carnation
	<b>L</b>	Tuna/crackers, Pudding Cup
	<b>D</b>	Canned chicken, fully cooked rice pouch
	<b>S</b>	Granola bar, Trail Mix

### Documents:

	Emergency Phone Numbers
	Family Emergency Plan
	Name, Address, Family Photo

**Include one gallon of water PER PERSON/ PER DAY**