

# 72-Hour Comfort Kits

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### oring Emergency Supplies

Chances are you will have to rely upon supplies you have available in your home for at least the first three days following any major disaster.

Store these items in something that is portable and easily carried, like a plastic tub with a tight-fitting lid. In the event of fire or rapid evacuation, you'll appreciate having more than just the clothes on your back.

The container should be able to withstand moisture, insects, and some abuse when the quake happens. If you have a large family, several smaller tubs may be easier to carry than one large container.

Place items in plastic bags to protect against condensation, which causes mildew and rust. The bags newspapers come in are a good choice-these can later be used for disposing of waste.

Locate these supplies as close to your primary house exit as possible. You may have to find it in the dark or after the upheaval of an earthquake.



### Water

Keep at least a three-day supply of water for each person in your household. Two-liter soda pop bottles work great. That means six two-liter bottles per person

### Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration or cooking, and little or no water.

- Canned meats, fruits, and vegetables
- Canned juices and soups
- High energy foods-peanut butter, granola bars, trail mix, beef jerky
- "comfort" foods-cookies, hard candy, etc.



### First Aid Supplies

- Sterile 4" adhesive bandages
- Sterile 4"x 4" gauze pads
- 4" rolled gauze bandages
- Large triangular bandages
- Butterfly bandages
- Adhesive tape
- Scissors and tweezers
- Moistened towelettes
- Bar soap
- Latex gloves
- Aspirin & non-aspirin pain reliever
- Antacid
- Anti-diarrhea medication
- Insect repellent
- Hydrogen peroxide to disinfect wounds
- Antibiotic ointment to dress wounds
- Sunscreen
- Safety pins
- Needle & thread
- Plastic bags
- Sanitary pads
- Instant cold packs
- Pocket knife
- Splinting materials

### Tools & Supplies

- Paper cups, plates, and plastic utensils
- Battery-operated AM radio
- Extra batteries
- Flashlight
- Non-electric can opener
- ABC fire extinguisher
- Whistle
- Toilet paper and towelettes
- Liquid soap
- Feminine supplies
- Roll of plastic and duct tape to seal broken windows



### Special Items

- Extra eye glasses
- Prescription drugs and medications
- Baby diapers, food, and formula
- A family picture
- Games and books
- Copies of insurance policies
- Bank account numbers
- Inventory of valuables
- Family records
- Contact lens solution
- Denture adhesive

### Clothing & Bedding

- One complete change of clothes
- Blankets or sleeping bags
- Mylar blankets
- Sturdy shoes
- Warm socks
- Hat and gloves

Plan to rotate the items in your kit annually. This includes making sure the clothes you have stored still fit!