



## **MODULE 1**

**PERSONAL  
EMERGENCY  
PREPAREDNESS**

# **1E**

## **72 Hour Comfort Kits**



**PERSONAL EMERGENCY PREPAREDNESS**  
**MODULE 1E: YOUR PERSONAL DISASTER PLAN**  
**72 Hour Comfort Kit**

**Materials Needed:**

1 copy of 72 Hour Comfort Kit for each household

1. **Preplanning** - It will be very important in the 'preplanning' process to have a list of items that will be essential for you and your family during the first few days following any major disaster. Each family will of course, want to tailor this list to their specific needs.

2. **Lists** - We have included lists for different purposes in this Activity Plan. You will find a Vehicle Emergency Kit list, and a First Aid Kit list, as well as food and supply lists. Different families in your group may prefer one list over another. There is no 'one size fits all' perfect list, so each family is encouraged to take a list, and make it their own.

3. **Shopping** - You may want to break this task down and make it more manageable and less of a financial burden. One way to accomplish that is to create a monthly shopping list. You would pick up a couple items from your list each month, and add them to your kit. Over time, you will have built a complete kit that will sustain your family for the first few days.

4. **Containers** - You will find that your choice of containers will vary, depending on the particular kit you are building. The most important part is that it need to be relatively easy to store, and easy to grab. You may find you will need more than one container. For example, you will want to keep your Vehicle Kit in your car, but your food and supplies may be keep in the garage.

# First Aid Supplies

- ◇ Sterile 4" adhesive bandages
- ◇ Sterile 4"x4" gauze pads
- ◇ 4" rolled gauze bandages
- ◇ Large triangular bandages
- ◇ Butterfly bandages
- ◇ Adhesive tape
- ◇ Band-aids
- ◇ Scissors and tweezers
- ◇ Moistened towelettes
- ◇ Bar soap
- ◇ Latex gloves
- ◇ Aspirin & non-aspirin pain reliever
- ◇ Antacid
- ◇ Anti-diarrhea medication
- ◇ Laxative
- ◇ Insect repellent
- ◇ Hydrogen peroxide to disinfect wounds
- ◇ Rubbing Alcohol
- ◇ Antibiotic ointment
- ◇ Saline Solution (eye wash)
- ◇ Sunscreen
- ◇ Safety pins
- ◇ Needle & thread
- ◇ Plastic bags
- ◇ Instant cold packs
- ◇ Pocket knife





## Food

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

Rotate food supply every 6 months

- ◇ Canned meats, fruits and vegetables
- ◇ Juices canned, powdered or crystallized
- ◇ Soups, canned, dried in a cup or bouillon
- ◇ High energy foods—peanut butter, granola bars, trail mix,
- ◇ Smoked or dried meats such as beef jerky
- ◇ Comfort foods—cookies, hard candy, etc
- ◇ Vitamins
- ◇ Staples—salt, sugar, pepper
- ◇ Milk—powdered or canned



## Water

- ◇ You will need one gallon of water per person per day.
- ◇ Keep at least a three-day supply of water for each person in your household.
- ◇ Two liter soda bottles work great. That means six 2-liter bottle per person.
- ◇ Have water purifying agents available

### Boiling

- ◆ Boiling is the safest way to purify water
- ◆ Bring the water to a rolling boil for 3-5 minutes
- ◆ Let cool before drinking

### Purifying by adding bleach

- ◆ Treat water by adding liquid bleach such as Clorox or Purex (typically 5 –6 percent chlorine)
- ◆ Place water in a clean container and add 5 drops to 1/2 gallon of water
- ◆ Mix thoroughly and allow to stand for at least 30 minutes before using (60 minutes if water is cloudy or cold)

# Tools



- ◆ Whistle
- ◆ Flashlight
- ◆ Non-electric can opener
- ◆ ABC fire extinguisher
- ◆ Ax, shovel, broom
- ◆ Crescent wrench for turning off gas
- ◆ Screwdriver, pliers, hammer
- ◆ Coil of one-half inch rope
- ◆ Plastic duct tape and sheeting
- ◆ Knife or razor blade
- ◆ Garden Hose (for siphoning & fire fighting)
- ◆ Battery-operated AM radio
- ◆ Extra batteries
- ◆ Camp stove and fuel for cooking



# Clothing & Bedding

- ◆ One complete change of clothes
- ◆ Blankets or sleeping bag
- ◆ Mylar blanket
- ◆ Sturdy shoes
- ◆ Warm socks
- ◆ Hat and gloves
- ◆ jacket



# Supplies

- ◆ Toilet paper
- ◆ Baggies
- ◆ Liquid soap
- ◆ Large plastic bags
- ◆ Bar soap
- ◆ Toothpaste and toothbrush
- ◆ Shampoo
- ◆ Matches in watertight container
- ◆ Paper towels
- ◆ Heavy duty aluminum foil



# Special Items

- ◆ Prescription medications
- ◆ Extra Eye Glasses
- ◆ Games and Books
- ◆ Contact Eye Solution
- ◆ Denture adhesive
- ◆ Feminine supplies
- ◆ Diapers & wipes
- ◆ Baby food & formula

