

LESSON 01

YOUR FIRST 72 HOURS

After an emergency you may need to get by on your own for several days. This kit covers the gap.

SAVE THIS FOR LATER

1 GALLON OF WATER

per person, per day. Keep 3 days in a go-bag and 2 weeks at home.

SOURCE: READY.GOV · RED CROSS

THE BASIC KIT, PART 1

- [ ] Water for several days
- [ ] Several days of non-perishable food
- [ ] Manual can opener
- [ ] Battery or hand-crank radio and a NOAA Weather Radio
- [ ] Flashlight and extra batteries
- [ ] First aid kit
- [ ] Whistle to signal for help

SOURCE: READY.GOV · RED CROSS

THE BASIC KIT, PART 2

- [ ] Dust mask
- [ ] Plastic sheeting, scissors and duct tape
- [ ] Moist towelettes, garbage bags and plastic ties
- [ ] Wrench or pliers to turn off utilities
- [ ] Local maps
- [ ] Phone chargers and a backup battery
- [ ] Matches in a waterproof container and a fire extinguisher

SOURCE: READY.GOV · RED CROSS

KEEP IT READY

1 THREE KITS

Home, work and car. You won't know where you'll be.

2 STORE FOOD RIGHT

Canned food somewhere cool and dry. Boxed food in sealed plastic or metal containers.

3 CHECK IT EVERY YEAR

Replace expired items and update it as your family's needs change.

SOURCE: READY.GOV · RED CROSS

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Practice it before you need it. New survival lessons every week.

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EDUCATIONAL ONLY. IN AN EMERGENCY, FOLLOW LOCAL OFFICIALS AND CALL 911.