

# 96-HOUR EMERGENCY KIT

The 96-Hour Emergency kit should be individually tailored to meet the basic survival needs of your family for three days. Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash can, suitcase, duffel bag, footlocker, or individual backpack.

## EMERGENCY NEEDS:

Instruction manual on Emergency Preparedness  
Battery Powered Radio  
First Aid Kit and Manual  
Sleeping Bags and Blankets (Wool and Thermal)  
Can Opener  
Waterproof/Windproof Matches  
Non-Perishable Foods

Suggested Items: Ready-to-eat goods in unbreakable containers, canned meats, juice, fruits & vegetables, powdered milk, infant care foods, crackers, peanut butter, freeze-dried & dehydrated goods, meals ready-to-eat (MRE's)

Flashlight with extra batteries  
Water Storage (1 gallon/person/day)  
Water Purification/Filtration  
Utility Knife/Multi-tool  
Emergency Candles  
Extra Eyeglasses/Contact Lenses  
Essential Medications  
Extra Clothing

## SANITATION KIT:

Portable Sanitation Hygiene Kit (5 person example):

- (1) 5/6-Gallon Bucket
- (1) Port-a-Potty Lid
- (12) Port-a-Potty Bags
- (5) Port-a-Potty Chemicals
- (5) Latex-Free Gloves
- (5) 3M N95 Particle Respirator
- (2) Toilet Paper Roll
- (5) Toothbrushes
- (5) Tissue Packs
- (5) Comb
- (5) Razor
- (5) Bar of Soap
- (5) Waterless Hand Sanitizer

Plus: Wet Wipes/Moist towelettes -- Baby Supplies -- Paper Towels -- Paper Plates/Cups -- Plastic Utensils -- Aluminum Foil

## STRESS REDUCERS:

For Children: Puzzles, Coloring Books, Crayons, Books, Games

For Adults: Books, Magazines, Games, Crafts

## OTHER EMERGENCY NEEDS:

Paper and Pen  
Copies of Insurance Policies and Personal Papers  
Money (cash)  
Important Addresses/Phone numbers  
Work Gloves  
Tool kit w/most commonly used tools

## ITEMS TO HAVE ON HAND IMMEDIATELY:

Flashlight w/spare batteries (*keep a flashlight beside every bed in the house*)  
Portable Radio w/spare batteries (*telephones may be out of order so radio may be your best source of accurate information via the Emergency Alert System (EAS) (KSL 1160 AM)*)  
First Aid Kit (*everyone should know basic first aid i.e. CPR, Heimlich Maneuver, & First Aid for severe bleeding & shock*)  
Smoke Detectors & Class ABC Fire Extinguishers are recommended for every home  
Pipe Wrench & Adjustable Wrench for turning off gas or water mains  
Work Gloves and boots to assist with rescue work (or CERT Kit if CERT Trained)

## STANDARD FIRST AID KIT:

First Aid Manual  
Pain Relievers (Aspirin, Ibuprofen, acetaminophen, etc.)  
Rubbing Alcohol  
Cotton Balls  
Cotton Swabs  
Anti-bacterial ointment  
Gauze  
Band-Aids  
Triangular Bandage (36" x 36" x 52")  
Elastic Bandage  
Safety Pins  
Scissors  
Laxatives  
Anti-diarrheal  
Thermometer  
Salt tablets  
Sanitary Napkins (Pressure Dressing)  
Medical Adhesive Tape  
Matches  
Needles

Tweezers  
Small Splints  
Heavy String  
Items for any specific individual needs

## CAR SURVIVAL KIT:

Always maintain at least ½ Tank of Gas -- First Aid Kit & Manual -- Flashlight & batteries -- Reflectors & Flares -- Jumper Cables -- Waterproof Matches & Candles -- Fire Extinguisher (Class ABC) -- Short piece of rubber hose -- Radio & batteries -- Non-perishable food kit -- Bottled Water -- Bag of Sand, Shovel, and Tool Kit -- Blanket or Sleeping bag -- Pen & Paper -- Map -- Tissue -- Moist towelettes -- Plastic bags -- Essential Medications

## MAKE COPIES OF ALL LEGAL PAPERS

Marriage License -- House Mortgage -- Vacation Home/Property Ownership -- Automobile Ownership -- Motor Home Ownership -- Wills -- Jewelry Appraisals -- Drivers License -- Trailers, Recreational Vehicles, etc. Ownership -- Insurance Policies

Take color pictures of every room from opposing sides plus pictures of valuables. Make an inventory of items with serial numbers. Send one copy of legal papers and pictures to an out-of-state contact.

## ESTABLISH OUT-OF-STATE 24-HOUR TELEPHONE CONTACT

1. Calls to an out-of-state contact are less likely to be affected by local phone system congestion and more likely to be successful after a disaster.
2. All relatives should be informed and familiar with the procedures to call the out-of-state contact before a disaster occurs including information to give the contact: Individual name, location, and physical status.

NOTE: Each family member should have a separate emergency kit and be responsible for it. To ensure the efficiency of your 96-hour kits, practice using them by remaining out-of-doors (in a safe area) for 48 hours without using any other facilities. Afterward, critique the kit; make note of any items you needed but did not have; make any required additions or adjustments to your kit. Inspect your kit at least twice each year. When the time changes in spring and fall is a good time to check your kit.