

72 Hour Emergency Kits Class

The first 72 hours following a crisis is the crucial time because you may be stranded without communication or resources. Disasters may tie up rescue services, preventing help from arriving. You may have to be on the road getting to or from someplace. These first three days, having an emergency kit prepared and ready to go will make all the difference.

72 hour emergency kits may be useful in situations other than disaster. A quick weekend getaway or unexpected trip will go a lot smoother if you already have your essentials packed. When your loved one or neighbor needs a few emergency supplies because their electricity is off, their car broke down, or their injured puppy is stuck under the house, your kit may come in handy. There are numerous scenarios that your kit will benefit. If you keep your kit in good order, rotate out perishable supplies, replenish it regularly, and have your kit in mind often, it will be a regular blessing to you and your family.

Store your emergency supplies in a container that is easy to carry, durable, and accessible. You may choose to use a backpack or duffle bag, or you might prefer a food storage bucket or plastic container for your kit. You could just as readily keep your kit in a tackle box or cooler. Your kit should be lightweight enough for travel and easy to carry. It should be waterproof or have perishable items stored in waterproof bags inside it. Keep your kit someplace where you can grab it on your way out the door in case of emergency. One test for accessibility is to imagine that your smoke alarm just went off. You realize that you have less than a minute to get your family out the door to safety. Can you grab your 72-hour kit on your way out? What if you have to exit through a window. Is it still accessible? Keeping your kit accessible will also be a reminder to check batteries, food supplies, and other perishable items, and to replenish your emergency supplies.

Handouts

72 Hour Kit Ideas (doc file for Microsoft Word)

(1-page flier with ideas for stocking your kit and backpacking tips)

From NurseHealer.com

72-Hour Emergency Preparedness Guide (pdf file for Adobe Acrobat Reader)

(Trifold flier with emergency preparedness suggestions)

From the City and County of Broomfield Online

Preparing a 72 Hour Kit (pdf file for Adobe Acrobat Reader)

(1-page flier of emergency kit ideas)

From Walpole Massachusetts Incorporated

Are You Prepared: The 72 Hour Emergency Kit (pdf file for Adobe Acrobat Reader)

(Trifold color brochure on putting together an emergency kit)

From the Town of Richmond Hill

Why You Need a Family Disaster Supplies Kit (pdf file for Adobe Acrobat Reader)

(4-page color booklet on assembling a family emergency kit)

From the State of Montana Department of Military Affairs

72 Hour Emergency Kits Class

Survival Food & Water	Compass/Whistle	Repellant/Mosquito Netting
Water Filter/Purifier	Metal Mirror	Hand Warmers/Ice Packs
Money	Rope/Twine/Cord	Sleeping
Stove/Burner/Grill/Fuel	Camp Shower	Bag/Pillow/Bedding/Blanket
Cooking Gear	Survival Manual	Fire Extinguisher
Can Opener/Eating	Important Documents	Clothing/Rain
Utensils/Canteen	Fishing Gear/Pocket Knife	Gear/Umbrella/Hat
Dishrag/Dishwashing Liquid	Shovel/Tools/Gloves	Books/Bible/Songbook
Matches/Lighter	Toilet Tissue/Kleenex	Tent/Tarp/Backpack
Lantern/Flashlight/Candles	Alarm Clock/Radio	Trash Bags/Plastic
First Aid Kit	Games/Entertainment	Bags/Twist Ties
Sewing & Repair Kit	Soap/Shampoo/Toiletries	Pen/Pencil/Paper
Towel/Washcloth	Sunblock/Insect	Flares/Reflectors/Glowsticks

If disaster strikes your family or neighborhood, the most critical need for help is during the first 72 hours following disaster. Community and government assistance may not be available during this period. A 72-hour emergency kit can literally be a lifesaver in some circumstances. It can be a real help in packing for an unexpected trip of any kind (not just camping, hunting, or fishing trips). It can also be handy just for finding things quickly that you might need suddenly at home. These are a few reasons you might find it prudent to be prepared with a 72-hour emergency kit: family emergency, fire, power outage, severe drought, flood, water loss or contamination, tornado, hurricane, shelter destroyed, earthquake, grocery closed or inaccessible, riot, etc. Prepare for food, water, shelter, clothing, and medical needs first. Then prepare for other possible emergency needs. Make your 72-hour kit personally yours with those things you feel you may need in a crisis. Include a deck of playing cards, book, or game in case you are stuck in an emergency shelter for awhile. Scriptures may be the most treasured item you pack in an emergency.

Use your 72-hour kit frequently. Keep it well-stocked and rotate consumable supplies. Buy supplies on sale or second-hand to save money as you begin to stock your kit. You don't have to start with everything in your kit. Begin stuffing a backpack or duffle bag with what you have on hand, and add to it prayerfully as you obtain new items and gear. Check the sporting goods section of variety stores, the crafts section, and the sewing section. Browse military surplus stores. Shop at garage sales and flea markets. Clean out your attic. Keep an eye out for food items that store well such as jerky, granola bars, nuts, and dried food packs. Add to your kit, change it, organize it, and renew it frequently.

Your 72-hour kit should be easily portable and in good repair. Each person in your family should have a 72-hour kit in case you are separated when disaster strikes or have a need to separate for a time.

Packing a Backpack

Utilize space efficiently when packing a backpack.

Organize items as follows:

- **Emergency items readily available**
- **Softer items padding your back**
- **Heavy items on top to distribute weight on the top of your spine**
- **Keep food & clothing away from fuel**

A well-packed backpack looks neat and is evenly balanced, fitting snugly on your shoulders, allowing you to stand upright and walk in comfort. Carry approximately 1/5 to 1/4 your body weight, taking into consideration your physical condition, backpacking experience, and the terrain to be covered.

WHAT IS A 72-HOUR KIT

A 72-Hour Kit is used to meet a family or individual's basic survival needs for three days in the event of an emergency. It is usually tailored to the liking of the individual. Some common methods used are:

1. **Storing emergency supplies in one location** that is relatively safe, yet easily accessible if evacuation is required.
2. **Storing items in a large container** such as: a 32-gallon trash can with a lid, a suitcase, a duffle bag, footlocker, or individual pack.
3. **Keeping the supplies essential** so that there are not unnecessary items in the kit.

WHAT ELSE SHOULD I KNOW?

1. When you are making preparations, consider arranging a meeting place for family members who may not be in the immediate vicinity.
2. The first 72 hours of a disaster is crucial. Citizens must be self-sufficient for this amount of time due to the large influx of emergency requests.
3. First, take care of yourself and your immediate family; second, take care of friends and/or neighbors that may not have 72-Hour Kits implemented in their homes.

For more information:

Visit

City and County of Broomfield Online

<http://www.ci.broomfield.co.us>

Colorado Office of Emergency Management Online

<http://www.dola.state.co.us/oem/oemindex.htm>

American Red Cross Online

<http://www.redcross.org>

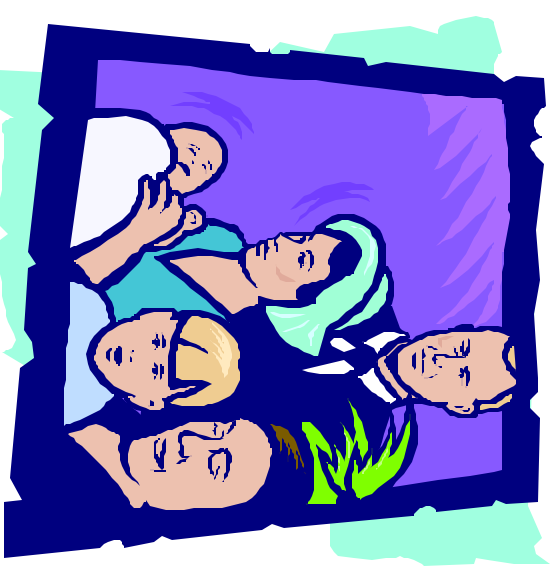


Emergency Management Unit

Broomfield Police Department
Training Division
11600 Ridge Parkway
Broomfield, CO 80021
(720) 887-2081

CITY AND COUNTY OF BROOMFIELD EMERGENCY MANAGEMENT UNIT – POLICE DEPARTMENT

72-HOUR EMERGENCY PREPAREDNESS GUIDE



WHAT DO I NEED IN MY 72-HOUR KIT?

Each individual should customize the kit to meet his or her personal needs, but keep in mind that this reserve should be an all hazard kit. You must ask yourself 'what are the potential hazards in my geographic region?'

In the City and County of Broomfield, a major risk is Severe Weather. It comes in many forms from thunderstorms, hail, tornadoes, winter storms, lightning, flash flooding, etc.

Another risk is a Hazardous Materials incident. The technological advancement of Colorado and the United States has increased the potential for a spill, explosion, or other man-made incidents that may require immediate action, such as evacuation or protection in place (stay where you are with windows closed and ventilation systems turned off).

These risks and others should be kept in mind when assembling your kit.

The severity of a disaster is relative to the community or individual's ability to provide resources or aid to alleviate the incident.

LIST OF ITEMS

Consider using some of these items when preparing your kit.

Emergency Needs

- ✓ A supply of non-perishable packaged or canned food (i.e. crackers, powdered milk, canned fruit, etc.)
 - ✓ Battery Powered Radio
 - ✓ First Aid Kit & Manual
 - ✓ Sleeping Bags & Blankets (wool & thermal)
 - ✓ Manual Can Opener
 - ✓ Waterproof/Windproof Matches
 - ✓ Water
 - Water Storage (1 gal./day/person)
 - Water Purification Tablets
 - ✓ Flashlight
 - ✓ Utility Knife
 - ✓ Emergency Candles
 - ✓ Extra Eyeglasses/Contact Lenses
 - ✓ Essential Medications
 - ✓ Extra Clothing
- ### Standard First Aid Kit
- ✓ First Aid Manual
 - ✓ Aspirin or Pain Relievers
 - ✓ Laxatives
 - ✓ Rubbing Alcohol
 - ✓ Diarrhea Medicine
 - ✓ Soap
 - ✓ Gauze
 - ✓ Band-aids
 - ✓ Triangular Bandage (36" x 36" x 52")
 - ✓ Elastic Bandage
 - ✓ Cotton Balls
 - ✓ Cotton Swabs
 - ✓ Scissors
 - ✓ Thermometer
 - ✓ Sanitary Napkins (Pressure Dressing)

- ✓ Micropore Adhesive, Paper Tape
- ✓ Tweezers
- ✓ Small Splints, Popsicle Sticks
- ✓ Heavy String
- ✓ Syrup of Ipecac

OTHER CONSIDERATIONS

- ✓ Make copies of important papers
- ✓ Prepare a small car survival kit
- ✓ When assembling emergency supplies for the household, include items for pets
- ✓ Establish an Out-Of-State 24-Hour telephone contact
- ✓ Sanitation kit (i.e. paper towels, disinfectant, etc.)
- ✓ Emergency money, tools, phone numbers, pen and paper



Some kits are available for purchase in stores.



Preparing a 72 hour kit

There are many types of disasters: floods, fires, earthquakes, hurricanes and tornadoes. It is estimated that after a major disaster, it may take up to three days for relief workers to reach some areas. It would be wise to consider a Go Pack that you could live on for 7-10 days. In such a case, If you live in a disaster prone area a 72-hour kit is the minimum you should have available.

Plan your go pack accordingly to your family's' size.

72 Hour Kit

- 1-2 gallons of water per person , per day should be stored for sanitation and drinking
- Method of water purification
- Food
- 72 + Hour Supply of Food and Water
- Warmth and Shelter
- Windproof/waterproof matches
- Second method to start a fire
- Tent/shelter
- Wool-blend blanket or
- Sleeping bag
- Emergency reflective blanket
- Lightweight stove and fuel
- Hand and body warm packs
- Poncho
- Light Sources
- Flashlight with batteries
- Candle
- Light stick
- Tools
- Pocket knife
- Shovel
- Hatchet or Axe
- Sewing kit
- 50-foot nylon rope
- First Aid
- First aid kit and supplies
- Burn gel and dressings
- Bottle of potassium iodide tablets
- Communications
- Radio with batteries or radio with alternate power sources
- Whistle with neck cord
- Personal Sanitation
- Personal comfort kit (include soap, toothbrush and gel, comb, tissue, sanitary napkins, razor), and other needed items
- Extra Clothing
- A complete outfit of appropriate clothing for each family member. Include extra socks, underwear, hat, sturdy shoes, and gloves
- Money
- At least \$50 in small bills in your kit. Be sure to include quarters and dimes for phone calls
- Stress Relievers
Games, books, hard candy, inspirational reading. For children: small toys, paper and pen, favorite security items
- Important Papers
- Copies of documents important to your family (such as birth certificates, marriage licenses, wills, insurance forms), phone numbers you might need, credit card information
- Additional Items
 - Extra food
 - Camp stove Mess kits and other cooking equipment
 - Sun block
 - Insect repellent Portable toilet - Special medication, extra glasses
 - Portable Container
 - Durable water resistant duffel bag, frame pack or day pack

To get copies of this go to <http://www.region4a.org>

Important health and life-saving information:

Allergies: _____

Special medical conditions:

Medications and daily doses:

Eyeglass prescription: _____

Blood type: _____

Communication devices/Equipment: _____

Health insurance plan: _____

Preferred hospital: _____

Individual #: _____

Group #: _____

Doctor/Specialist: _____

Phone: _____

Doctor/Specialist: _____

Phone: _____

Pharmacy: _____

Address: _____

Phone/Fax: _____

If you require immediate fire, police or ambulance response, call 9-1-1.

For all other matters or to request more information, please use the following non-emergency numbers:

Richmond Hill Fire & Emergency Services

905-883-5444

York Regional Police

905-773-1221

Mackenzie Richmond Hill Hospital

905-883-1212

Town of Richmond Hill

905-771-8800

For more information about preparing for an emergency or to learn about Richmond Hill's Emergency Plan, please contact Richmond Hill Fire & Emergency Services at

905-883-5444

or visit

RichmondHill.ca/Fire

To obtain information about the Town of Richmond Hill in your preferred language, please call Access Richmond Hill at 905-771-8800.



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Is your family prepared for a disaster?

Be Prepared with a 72-Hour Emergency Kit



What is a 72-Hour Emergency Kit?

A **72-Hour Emergency Kit** will help sustain you and your family during a crisis. It contains all the water, food, clothing, tools and personal items your family requires for three days, assembled into an easy-to-carry package.

Why Prepare?

- Emergency Services and other government resources may be stranded so individuals and families must rely on their own resources.
- Being prepared ahead of time allows you to be better able to cope when an emergency happens.
- Disasters happen without warning, forcing you to evacuate your neighbourhood or leave you stranded in your home.
- Having an emergency plan will save time and alleviate stress in an emergency situation.

Putting it All Together

- Prepare an individual emergency kit for each member of your family.
- Use the checklists provided to gather all the necessary materials.
- Pack enough food for three days, along with one complete change of clothes.
- Assemble each kit in a backpack. A backpack is easy to grab if you must leave your home in a hurry and leaves your hands free to do other things.
- Have your kits ready to go at all times and keep them nearby in your emergency exit. In case of an emergency, you may not have time to gather all the supplies or search for your kit.

Other Ways To Prepare

- Develop an escape plan for your home and designate a meeting place outside.
- Practice emergency evacuation drills.
- Post an emergency phone numbers and know where to get help during an emergency.
- Know how to shut off the water, gas and electricity in your home.
- Know where you can take your pets during an emergency. Prepare a pet emergency kit with food, leashes, carriers, litter pan and medications.
- Learn about natural disasters and how you can protect yourself.
- Read Emergency Preparedness Guide on Richmond.ca/EmergencyPreparedness

Water



First Aid Kit



Food



Tools and Supplies



Clothing and Bedding



Personal Care Items



Children's Needs and Recreational Items



Make a Plan

Every Canadian household needs an emergency plan. It will help you and your family know what to do in case of an emergency. It will take you only 20 minutes to make your plan.

Keep this document in an easy-to-find, easy-to-remember place (for example, with your emergency kit). Photocopy this plan and keep it in your car and/or at work.

Meeting Places

Identify safe places where everyone should meet if you cannot go home or you need to evacuate.

Safe meeting place near home:

Safe meeting place outside immediate neighbourhood:

Evacuation routes from neighbourhood:

Workplace

Learn about the emergency evacuation plans in place and what you will need to do. You may want to have some basic supplies at work, such as water and food that won't spoil, in case you need to stay put for a while.

Children

Ask your children's school or daycare about their emergency policies. Find out how they will contact families during an emergency. Make sure the school or daycare has updated contact information for parents, caregivers and designated persons.

Designated person 1: _____ Phone: _____

Designated person 2: _____ Phone: _____

School contact information: _____

Plan For Pets

In case of an evacuation, prepare to take your pets with you to the home of a relative or friend, or take steps to identify pet-friendly hotels or boarding facilities in your area and further away from home.

Location: _____

Safe Idea - Make copies of important documents

Make copies of birth and marriage certificates, passports, licences, wills, bond deeds and insurance. Take photos of family members in case a best person record is created. Keep them in a safe place, both inside and outside your home. You might want to put them in a safety deposit box or give them to friends and family who live out of town.



Your Family Preparedness Needs

Disasters happen anytime, anywhere. When disaster strikes, you may not have much time to respond. A hazardous material spill on the highway could mean **INSTANT EVACUATION**. A winter storm could confine your family to your home for days. An earthquake, flood, tornado or any other disaster could cut off basic services such as gas, water, electricity and communications.

Why You Need A Family Disaster Supplies Kit

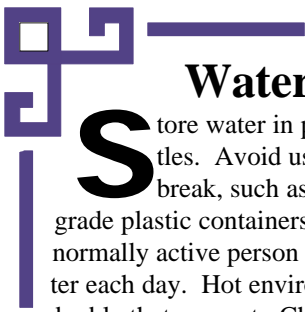
After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for a disaster before it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.

Preparing Your Kit

- ◆ Review the checklist in this brochure.
- ◆ Gather the supplies that are listed. You may need them if your family is confined at home.
- ◆ There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items.
- ◆ Place the supplies you'd most likely need for an evacuation in an easy to carry container. These supplies are listed with and asterisk (*). Possible containers include: a large, covered trash container, a camping backpack, or a duffle bag.





Water/Food

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk containers or glass bottles. Food-grade plastic containers are most suitable for storing water. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more. Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation, or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Never use empty bleach containers to store water. Clearly mark containers "Drinking Water" with the current date.

- Dried beef
- Jerky
- Vienna Sausages
- Corned Beef Hash
- Ready-to-eat canned meats, fish, fruits & vegetables
- Potatoes
- White rice
- Beans
- Dry pasta
- Flour
- Baking powder
- Staples-sugar, salt, pepper
- Dried Spices
- Instant coffee
- Tea Bags
- Canned soups

First Aid Kit

Assemble a first aid kit for your home and one for each vehicle. A first aid kit should include:

- Thermometer
- Iodine Wipes
- Zinc Oxide
- Chapstick
- Decongestant
- Multi-Vitamins
- Surgical Blades
- Saline Solution
- Insect Repellent
- 2 Tongue Blades
- Butterfly Sutures
- Ammonia inhalants
- Activated charcoal
- Antibiotic Ointment
- Wet wipes
- Burn Gel
- Soap
- Latex Gloves
- Vaseline
- Alcohol pads
- Needle

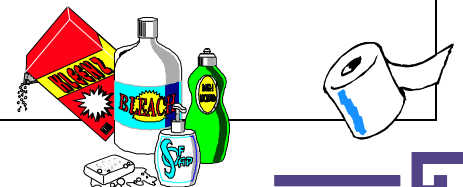


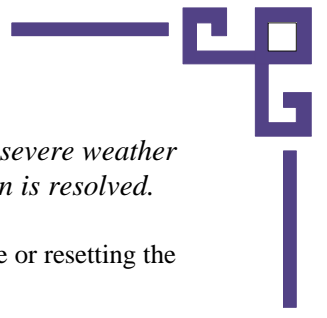
Tools & Supplies

Food Storage Tips

- ◆ Keep food in a dry, cool spot—a dark area if possible.
- ◆ Keep food covered at all times.
- ◆ Open food boxes or cans carefully so that you can close them tightly after each use.
- ◆ Wrap cookies and crackers in plastic bags, and keep them in tight containers.
- ◆ Empty opened packages of sugar, dried fruits, and nuts in air-tight containers to protect them from pests.
- ◆ Inspect all food for signs of spoilage before use.
- ◆ Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of storage area and

- Emergency preparedness manual*
- Needles, thread
- Mess kits, or paper cups, plates, and plastic utensils*
- Non-electric can opener, utility knife*
- Battery-operated radio and extra batteries or Solar powered radio*
- Flash light & extra batteries*
- Chemical light sticks
- Cash or traveler's checks*
- Map of the area (for locating shelters)*
- Fire extinguisher: Small canister, ABC type
- Waterproof Matches
- Hand axe
- Camp shovel
- Hammer
- Fold-up saw
- Pry bar
- Dust masks
- Roll twine
- Duct tape
- Shut-off wrench, to turn off household gas and water
- Wrenches
- Tube tent
- Cooking stove & fuel
- Candles
- Water purification tablets





What to Do When the Power Goes Out!

Power failures have many causes: storms, construction mishaps, earthquakes, extreme heat, and severe weather to name a few. Below are a few safety tips that should help you avoid problems until the situation is resolved.

- Check to see if your neighbors have electricity. Perhaps the problem is only yours and a new fuse or resetting the circuit breaker is all that is needed.
- If you determine that you have a problem, report it to your local utility company.
- Turn off major appliances to avoid overload when the power is restored.
- Don't open the freezer and refrigerator doors; preserve what cold air is in there.
- Leave one light turned on so you'll know when the power is restored.
- Be alert for downed power lines. Don't go near them. Report them to your utility company.

Preparing for a Power Outage

- If storm warnings are issued, or if you see lightning, disconnect sensitive electronic equipment such as computers, TV sets and VCRs to avoid damage to them.
- Keep an emergency kit in a handy location stocked with flashlights, candles, matches, a portable battery operated radio and extra batteries.
- Have a supply of drinking water.

Keeping Warm During a Winter Power Outage

- Dress warmly.
- Eat high energy food to generate body heat. Raisins, nuts or candy are a good start.
- Close off as many rooms as possible. Heat only one room and center your activity in that room. Select a room on the warm side of the house away from prevailing winds.
- Keep doors and curtains closed.
- Use your fireplace if you have one. If not used, make sure the flue is closed.
- Be sure to ventilate properly if you heat with any source that uses an open flame. Cross ventilate by opening a window an inch on each side of the room. It is better to let some cold air in than to run the risk of carbon monoxide poisoning.



Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

Continued from Page 2

Clothing & Bedding

*Include at least one complete change of clothing and footwear per person.



- Rain gear*
- Sunglasses
- Thermal underwear
- Hat and gloves
- Blankets or sleeping bags*
- Sturdy shoes or work boots*
- Emergency reflective blanket



For Baby*

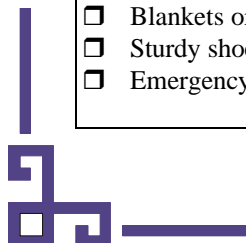
- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Adults *

- Insulin
- Prescription drugs
- Denture needs
- Extra eye glasses
- Contact lenses and supplies
- Heart and high blood pressure medication

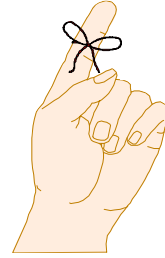
Entertainment

- Games and books



Suggestions & Reminders

- ◆ Store your kit in a convenient place known to all family members. Keep a smaller version of your Disaster Supplies Kit in the trunk of your car.
- ◆ Keep items in air tight plastic bags.
- ◆ Change your stored water supply every six months so it stays fresh.
- ◆ Rotate your stored food every six months.
- ◆ Re-think your kit and family needs at least once a year. Replace batteries, update clothes (keeping changing seasons a consideration), etc.
- ◆ Ask your physician or pharmacist about storing prescription medications.
- ◆ If you store important records on computers, keep backup copies on diskettes and/or keep hard copies on file.
- ◆ Keep the tanks on your vehicles full of gas for emergency evacuations.



Family Disaster Preparedness In Five Easy Steps

- 1 **DISCUSS** the disasters most likely to happen in your area and their impact on your family's safety. Hazards in our area include home fires, severe winter weather and storms, earthquakes, flooding, and hazardous materials threats.
- 2 **TRAIN** all family members. Take first aid classes. Learn to use a fire extinguisher and how to shut off utilities. Do not take the chance that the only person who knows first aid or how to turn off the natural gas will be at home when needed.
- 3 **ASSEMBLE** your disaster supplies into a personal 72 hour emergency preparedness kit. This would include food, water, clothing and medications to last you at least 72 hours. You need enough supplies for each family member.
- 4 **IDENTIFY** in and out of state emergency names and numbers and provide copies to each family member. Post a copy near your phone and put copies in your 72 hour disaster supplies kit. When local phone service is out, family members can use their out-of-state contact to relay messages.
- 5 **MAINTAIN** your readiness. Review your disaster preparedness plan with your family at least once a year. Identify what new training, equipment or supplies you may need. Conduct fire evacuations and earthquake "drop, cover and hold" drills with your family.

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