

# Who depends on YOU?

Are **YOU** prepared  
for a disaster?

Pick up your list  
today and start  
preparing your  
family's 72-hour  
Comfort Kit!

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For additional preparedness  
information go to:  
[www.emd.wa.gov/preparedness](http://www.emd.wa.gov/preparedness)  
or contact your local emergency  
management office.





# 72-hour Comfort Kits

**Storing Emergency Supplies** - Store items in something that is portable and easily carried, like a plastic tube with a tight-fitting lid. The container should be able to withstand moisture, insects, and some when . 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. Locate these supplies as close to your primary house exit as possible.



❑ **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” food—cookies, hard candy, etc.



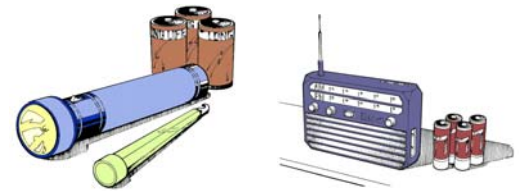
❑ **FIRST AID SUPPLIES**

- 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 and non-aspirin
- 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 knives
- splinting materials



❑ **TOOLS & SUPPLIES**

- paper cups, plates, and plastic utensils
- battery-operated AM radio/extra batteries
- flashlight/extra batteries
- non-electric can-opener
- ABC fire extinguisher
- whistle
- toilette paper and towelettes
- liquid soap
- feminine supplies
- roll of plastic sheeting/duct tape for broken windows



❑ **SPECIAL ITEMS**

- extra eye glasses
- prescription drugs and medications
- baby diapers, food, 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

*Use a film canister or pill bottle to store an extra pair of latex gloves in the glove compartment.*



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

