

PREPARING A 72 HOUR “GRAB & GO” KIT  
As recommended by the American Red Cross

**Plan your “Grab & Go Kit” according to you family’s size. You should have one for each member of your family. This list is not intended to cover everything, but is meant as a guideline to assist you in putting together your own “Grab & GO Kit”. You will need to tailor your kit to your specific needs. Items may be added or deleted as your specific needs require. For more information, go to [www.redcross.org](http://www.redcross.org)**

**72 Hour Back Pack or Gym Bag (Small)**

**Water**

- 3 quarts of water for drinking

**Food**

- Enough food for 72 hours

**First Aid Kit**

- Small personal first aid kit ( tailor from items listed below)

**Non-Prescription Drugs**

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

**Tools and Supplies**

- Flashlight and extra batteries
- Cash or Traveler’s Checks
- Non-electric can opener, utility knife
- Compass
- Matches in a waterproof container
- Medicine dropper
- Whistle
- Map of area

**Clothing and Bedding**

- Sturdy shoes or work boots
- Rain gear
- Hat and gloves

## **Sanitation**

- Toilet paper, towelettes
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Disinfectant

## **72 Hour Family Kit (large)**

### **Water**

- You should have at least 1 to 2 gallons of water per person for drinking and sanitation.

### **Food**

- Enough food for each person for 72 hours.
  - Ready – to –eat canned meats, fruits and vegetables
  - Canned Juices
  - High energy foods
  - Vitamins
  - Food for infants
  - Comfort/stress foods

### **First Aid Kit**

- (20) adhesive bandages (assorted sizes)
- (1) 5”x9” sterile dressing
- (1) conforming roller gauze bandage
- (2) triangular bandages
- (2) 3”x3” sterile gauze pads
- (2) 4”x4” sterile gauze pads
- (1) roll 3” cohesive bandage
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer
- (6) antiseptic wipes
- (2) pair large medical grade non-latex gloves
- Adhesive tape, 2” width
- Antibacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier

### **Non-Prescription Drugs**

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Syrup of Ipecac (to induce vomiting if advised by Poison Control Center)
- Antacid (for upset stomach)

- Laxative
- Activated charcoal (use if advised by Poison Control Center)

### **Tools and Supplies**

- Mess kits or paper cups, plates and plastic utensils
- Battery operated radio and extra batteries
- Flashlight and extra batteries
- Cash or Traveler's Checks
- Non-electric can opener, utility knife
- Tent or tarp
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench (to turn off household gas and water)
- Whistle
- Plastic sheeting
- Map of area

### **Sanitation**

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with lid
- Disinfectant
- Household chlorine bleach

### **Clothing and Bedding**

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

### **Special items**

- **Remember family members with special requirements, such as infants and elderly or disabled persons**

### **For Baby**

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

### **For Adults**

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

### **Important Family Documents**

- Keep these records in a waterproof, portable container:
  - Will, insurance policies, contracts, deeds, stocks and bonds
  - Passports, social security cards, immunization records
  - Bank account numbers
  - Credit card account numbers and companies
  - Inventory of valuable household goods, important telephone numbers
  - Family records ( birth, marriage, death certificates)

Store your kits in a convenient place known to all family members. Keep a smaller version of the supplies in the kit in the trunk of your car.

Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food items every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.

- **Ask your pharmacist or physician about storing prescription medications**