ARE YOU 72 HOUR PREPARED?

If NOT it is time to get your KIT together.

MAKE A KIT

What is an emergency survival kit?

An emergency survival kit contains all the basic items, including your plan that you will need to remain comfortable for at least three days immediately after or during an emergency. You should ensure you have all your basic supplies with you. Remember to keep your kit in an easy-to-reach location, and that everyone in your family knows where it is stored.

What do I include in my kit?

Your emergency survival kit should be unique to your household. The basic items you should have in your kit include:

- Flashlight
- Radio
- Important documents (identification)
- Non-perishable foods
- Utensils
- Bottled water (4 litres per person, per day)
- Clothing & footwear (Including a change of underwear)
- Hygiene products
- Sleeping bag, pillow & blankets
- Cash (If power goes out you will need cash money)
- You need these items if you have to leave your residence.

**Diverse Groups**

Remember to include items in your 72 Hour Kit that might be required to meet any special needs of the members of your family such as infants, people with special needs and disabilities, seniors and pets.

For instance, families with infants and toddlers will want to include items such as diapers, baby food and formula, bottles, sippy cups, toys, crayons and paper etc. Seniors need to include their medications.