Southern California Preparedness Foundation
Suggested Items for 72-hour (Grab-and-Go)
Emergency Preparedness Kit

*Keep your kits where they will be readily available during an emergency or disaster*

### TO TRANSPORT ITEMS

- Backpack
- Canvas bag or duffle bag
- Sea bag
- Suitcase (preferably on wheels)

### SHELTER

- Tube tent shelters, 20’ nylon cord per person, or
- Lightweight tent
- 4mm plastic sheeting
- Hammer, rope, utility knife
- Duct tape for repairs and 101 other uses

### SLEEPING

- Sleeping bag and 2 emergency blankets
- Inflatable air mattress
- Pillow or pad
- Hand warmers
- Head warmer (watch cap or similar)

### COOKING & EATING

- Small cook stove and fuel, matches
- Small nesting pot & pan set
- Eating utensils, paper plates, and cups
- Water - 5 day supply per person (1 gal/day/person min.)
- Collapsible water jug and purification tablets
- Ready-to-eat foods, snacks, energy/trail mix bars
- Non-perishable food, 3-day supply/person
- Can opener (manual)
- Garbage bags, paper towels, dish soap
- Dish cloth and towel
- Antibacterial hand wipes

### COMMUNICATIONS

- Car cell phone charger
- Solar small battery charger with rechargeable batteries
- Cell phone adapter for your battery charger
- Prepaid phone card
- Out-of-state contact/personal phone book
- Disposable camera
- Radio, battery/wind-up/solar
- Extra batteries if needed
- Family Radio Service (FRS) radios, pair

### ILLUMINATION

- Small lantern (battery preferred)
- Flashlights, LED preferred (bright & batteries last longer)
- Extra batteries and bulbs for above
- Chemical light sticks or LED light sticks

### PERSONAL ITEMS

- Whistle on a neck cord (wear constantly)
- Medications (check with your doctor)
- List of prescriptions, prescription numbers, name of drug
- Phone numbers for doctors and pharmacies
- List of insurance policies and number(s)
- Names and phone numbers for agents
- First aid kit (see car backpack list)
- Cash (small bills and change)
- Goggles, dust masks (N95 or better)
- Leather or leather-palmed gloves
- Sunglasses and reading glasses
- Eye drops, sunscreen, lip balm, hand cream
- Contact lens supplies
- Hearing aid batteries (if applicable)
- Tissues, toilet paper, baby wipes
- Antibacterial hand wipes
- Sealable plastic bags for disposal of trash
- Small writing pad and pen
- Toothpaste and brush, dental adhesive, mouthwash
- Soap, wash cloth, hand towel, deodorant
- Shampoo, comb and/or brush
- Shaving items, nail file and clipper
- Personal hygiene and feminine products
- Close-up photo of family (for ID purposes)

### CLOTHING

- Remember layering!
- Walking shoes and socks (2 pairs)
- Cap or hat, hooded jacket and/or sweatshirt
- T-shirt, jeans, belt, underwear
- Long and short sleeve shirt
- Plastic poncho with hood

### OTHER

- Maps (Valley, L.A., city, state) and compass
- Hand-held fan
- Entertainment items (cards, books, puzzles)
- Baby, child, or special needs items
- Pet kit and car roadside kit