



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