

## 72 Hour Personal Emergency Kit

Water	Two 2-liter soda pop bottles of water
Food	12 (2-bar) packs of granola bars (protect by sealing in a Ziploc type bag)
Warmth	Heavy-duty type space blankets
Light	Flashlight with extra batteries –Cyalume plastic light sticks
Radio	Small portable radio with extra batteries
Heat	Waterproof matches – hand warmers
First Aid	Basic first aid kit
Clothing	Warm, comfortable clothes, work gloves, poncho with hood
Other	Prescription medication- including glasses or contact lens supplies, hygiene items, and whistle

Other items you might want to keep in your car:

- Fire extinguisher
- Flares
- Basic tools
- Extra oil
- Cell phone
- Cash