

# Red Cross 72 Hour Survival List

WATER 3 Gallons per person

## BASIC SUPPLIES

Flashlight with extra batteries Portable radio with batteries

Fire extinguisher Utility shutoff wrench

Pocket knife Duct tape

Matches Light sticks

Candles Emergency or space blankets

Wool blankets Plastic sheeting

Tarp and 50 ft. nylon rope Eating utensils and tin cups

Paper cups Plastic buckets

Garbage bags and ties Toilet paper

Campstove and extra fuel Tri-fold shovel

## FOOD:

Instant coffee and tea Hot chocolate instant mix

Energy bars Chow mein

Spaghetti with mushrooms Canned soups

Flour Stew

Applesauce Rice

Mixed seasonings Pancake mix

Peanut butter and jelly Multiple vitamins

Canned juices Tuna fish

Unsalted crackers Sugar

## CLOTHING:

Long sleeve wool shirt Tee shirt

Heavy shoes Gloves

Gloves Rain gear

Three pair of socks Scarf

Denim pants Hat

Three sets of underwear

## PERSONAL:

Bar of hand soap Liquid detergent

Tooth brush and gel Shampoo

Brush and comb Disposable razor

Hand mirror Sewing kit

Spare glasses Hand towel

Tissues Towelettes  
Medications

#### FIRST AID KIT:

A complete first aid kit for 72 hour home use is listed below. Remember to include any prescription medications that your family takes along with a written list of prescriptions, allergies, and doctors. If you wear eye glasses, contact lenses or dentures, include an extra pair in the kit. The most important item that you can include in your medical kit is a good first aid manual. The following is for family use only and should not be considered a complete list for NET operations:

Kerlex, Kling or any other brand of roller bandage (6 rolls)  
used to wrap over dressings and to secure splints  
4-inch sterile gauze pads (4-6)  
2-inch sterile gauze pads (4-6)  
Sanitary napkins used to control excessive bleeding  
1 and 2 inch adhesive tape (1 roll each) used to secure bandages  
Band-aids (1 box assorted types)  
Triangular bandage (3) used to secure broken arms, shoulder dislocations or as a wrap for splints. Can be purchased or made from old sheets  
Ace bandage for wrapping sprains (1)  
Sterile water (1 quart) used to flush wounds and cool burns  
Antiseptic solution (1 bottle) used to clean wounds  
Scissors  
Tweezers  
Sterile needle for splinters  
Aspirin or non-aspirin pain reliever  
Latex gloves (2 pair)  
Anti-diarrhea medication  
Antacid  
Syrup of Ipecac to induce vomiting, if advised by poison control.  
Sunscreen  
Tube of petroleum jelly  
Cleaning agent/soap  
Moistened towelettes or baby wipes  
Assorted sizes of safety pins