



GALLATIN COUNTY EMERGENCY MANAGEMENT

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72 Hour Survival Kit

Earthquakes, floods, and other disasters can seriously disrupt normal life. Services may not be available, transportation may be cut off and roads may be blocked. In some cases, you may be forced to evacuate. Be ready to respond to any situation by assembling and maintaining a Disaster Supplies Kit.

WATER

Plan on one gallon of water per person per day. Store water in plastic containers such as soft drink bottles.

Avoid using containers that will decompose or break, such as mason jars or glass bottles.

Use water for health.

Because water is so important to human survival, it should never be withheld. Drink at least two quarts per day, as long as supplies last, and look for alternative sources.

FOOD

Store at least a three-day supply of no-perishable food.

Choose foods that require no refrigeration, cooking, or preparation and are compact and lightweight. If food must be cooked, include a can of sterno.

Food suggestions:

Ready-to-eat canned meats, fruits, and vegetables

Canned juices, milk, soup (if powdered, store extra water)

Staples-sugar, salt, pepper

High energy foods-peanut butter, jelly, crackers, nuts, health food bars, trail mix.

Comfort stress foods-cookies, hard candy, sweetened cereals.

Vitamins

Container

Store the supplies in an easy-to-carry object such as a large, covered trash container, camping backpack, or a duffle bag.

FIRST AID KIT

Have two first aid kits.
Keep a complete first aid kit in your home and car.

Items to include

Sterile adhesive bandages in assorted sizes
2-inch sterile gauze pads (4-6)
4-inch gauze pads
Hypoallergenic adhesive tape
Triangular bandages (3)
2-inch sterile roller bandages (3 rolls)
3-inch sterile roller bandages
Scissors
Tweezers
Needles
Moistened towelettes
Antiseptic
Thermometer
Tongue blades (2)
Tube of petroleum jelly or other lubricant
Assorted sizes of safety pins
Cleansing agent-soap
Latex gloves (2 pair)
Sunscreen
Aspirin or non-aspirin pain reliever
Anti-diarrhea medication
Antacid (for upset stomach)
Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
Laxative
Activated charcoal (use if advised by the Poison Control Center)

Contact your local American Red Cross chapter to obtain a basic first aid textbook.

SUPPLIES & TOOLS

Emergency preparedness manual
Battery-operated radio and extra batteries
Non-electric can opener, utility knife
Fire extinguisher, small canister, A-B-C type
Tube tent
Pliers
Tape
Compass
Matches in a waterproof container

Aluminum foil
Signal flares
Paper and pencils
Needles and thread
Medicine dropper
Shut off wrench, to turn off household gas and water
Whistle
Plastic sheeting

CLOTHING & BEDDING

Include at least one complete change of clothing and footwear per person.

Sturdy shoes or work boots
Rain gear
One blanket or sleeping bag per person
Hat and gloves
Thermal underwear
Sunglasses

SANITATION

Toilet paper, towelettes
Soap, liquid detergent
Feminine supplies
Personal items-shampoo, deodorant, toothpaste, toothbrushes, comb and brush, lip balm.
Small shovel, for digging and expedient latrine
Plastic garbage bag and ties
Plastic bucket with tight lid
Disinfectant
Household chlorine bleach

SPECIAL ITEMS

Include items for household members with special needs, such as infants, elderly, or disabled individuals.

Babies
Formula
Diapers
Bottles
Powdered Milk
Medications

Elderly People

Heart and high blood pressure medications

Insulin

Prescription drugs

Denture needs

Include favorite entertainment items.

Coloring books and crayons

Games

Books

IMPORTANT DOCUMENTS

Keep these records in a waterproof container.

Will, insurance policies, contracts, deeds, stocks and bonds.

Passports, social security cards, immunization records

Savings and checking account numbers

Credit card account numbers and companies

Inventory of valuable household goods, important telephone numbers

Family records (birth, marriage, death certificates)

Storage Suggestions

Store the kit in a safe, convenient place known to all family members. If possible, it should be a cool, dry, dark location. Keep a smaller version of your Disaster Supplies Kit in the trunk of your car.

Keep items, or groups of items, in water-proof and air tight plastic bags. Change the water supply every six months so it stays fresh. Rotate the food every six months. Ask your doctor or pharmacist about the proper procedure for storing prescription medications. Replace batteries often.