

Checklist: What you need to be prepared

Use this handy checklist to pull together your 72-Hour Kit, Go-Bag and Car Kit.

Items	72-Hour Kit (3-Day)	Go-Bag	Car Kit
Radio and flashlight (or candles with matches) - battery or crank operated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
First aid kit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whistle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Small amount of non-perishable emergency food/snacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Four litres of water per person, per day	<input type="checkbox"/>	<input type="checkbox"/>	
Current family photos	<input type="checkbox"/>	<input type="checkbox"/>	
Medication (prescription and over-the-counter)	<input type="checkbox"/>	<input type="checkbox"/>	
Money, cash	<input type="checkbox"/>	<input type="checkbox"/>	
Set of clothing for each person	<input type="checkbox"/>	<input type="checkbox"/>	
Baby supplies and/or pet supplies	<input type="checkbox"/>	<input type="checkbox"/>	
Copies of important documents, address book	<input type="checkbox"/>	<input type="checkbox"/>	
Personal care items, toothbrush and toothpaste	<input type="checkbox"/>	<input type="checkbox"/>	
Land line home phone (does not require power to work)	<input type="checkbox"/>		
Address book	<input type="checkbox"/>		
Board games	<input type="checkbox"/>		
Booster cables			<input type="checkbox"/>
Road map			<input type="checkbox"/>
Approved gas container (4 litres; empty)			<input type="checkbox"/>
Small tool set; duct tape			<input type="checkbox"/>
Emergency flares or triangles			<input type="checkbox"/>
Sand, salt or kitty litter during winter			<input type="checkbox"/>
Air compressor and/or puncture seal gels; tire gauge			<input type="checkbox"/>
Fire extinguisher			<input type="checkbox"/>
Ice scraper and brush			<input type="checkbox"/>
An emergency blanket			<input type="checkbox"/>