GRAB-AND-GO · ONE SHEET PER PERSON

The 72-Hour Kit Checklist

TAPE IT INSIDE THE BAG

THIS KIT IS FOR	AGE	BODY WEIGHT (LB)

SHIRT / PANTS SIZE	SHOE SIZE	CHECKED ON	NEXT CHECK

ALL everyone · 8+ age 8 and up · (13+) teens and adults

Younger kids carry only their **ALL** items. The rest rides in a parent's bag.

1 Water and food

Bag water is a bridge. The family filter and the car jug make up the rest of the gallon a day per person.

- [ ] ALL Wide-mouth bottle, filled ¾ so it can freeze. **Under 8: 1 L · 8 to 12: 1 to 2 L · 13+: 2 L**
- [ ] ALL 2 electrolyte or rehydration packets
- [ ] ALL Snacks they actually eat, dated. Toddlers: no hard candy or whole nuts.
- [ ] 8+ 3 days of no-cook food: one long-life ration bar plus food they like. Low salt.
- [ ] 8+ Straw-style water filter (keep it from freezing)

2 Warmth (Oct to Apr)

Provo's average January low is 23.8 °F. No cotton anywhere, because wet cotton makes you colder.

- [ ] ALL Warm hat, mittens or gloves, neck gaiter
- [ ] ALL Non-cotton base layer + fleece + packable puffy jacket
- [ ] ALL Wool socks, plus one dry pair kept only for sleeping
- [ ] ALL Rain poncho
- [ ] 8+ Change of clothes: non-cotton pants, long sleeves, underwear
- [ ] 8+ Reusable emergency bivy + foam pad strapped outside
- [ ] (13+) Hand warmers. Adults hold them for little kids: over a layer, never on bare skin or in a sleeping child's mitten.

3 Light, safety, signal

- [ ] ALL Headlamp, lithium AAA inside with the pull-tab in, spares taped to the strap
- [ ] ALL Whistle on a cord (3 blasts = help)
- [ ] ALL Masks by age: **7+** two N95s (XS or small for kids) · **2 to 7** child-size masks, worn with an adult · **under 2** none
- [ ] 8+ Work gloves that fit their hands
- [ ] (13+) Safety glasses, multitool, lighter in a case
- [ ] (13+) Power bank kept at half charge + cable

4 Health and hygiene

- [ ] ALL **7 days** of their prescriptions
- [ ] ALL Spare glasses or contacts and solution
- [ ] ALL Toothbrush, toothpaste, soap, wipes (double-bagged), hand sanitizer, toilet paper, lip balm
- [ ] ALL Bandages and blister pads in a small pouch
- [ ] ALL Period products for anyone who may need them
- [ ] ALL One heavy-duty trash bag

5 Papers and ID

- [ ] ALL Laminated card: full name, birthday, home address, both parents' cells, out-of-state contact, both meeting places, **their school's off-site pickup spot**, allergies, meds, doctor
- [ ] ALL Name and a parent's phone written inside the bag and clothing
- [ ] (13+) Small bills. Adults: a real photo ID in the bag (passport card or spare license). A copy won't get a kid out of school.
- [ ] (13+) Teens: a written plan for where to go if not home

6 Comfort (kids)

- [ ] ALL One small favorite toy, nothing that needs batteries
- [ ] ALL A small book, cards or crayons

Let them pack it with you. Kids who pack their own bag know what's in it and eat the food.

Weigh it on them: Body weight _____ × 0.15 = max _____ lb · **Bag weighs** _____ lb

Pediatricians cap kids' packs at 15% of body weight. Adults: aim for 20 lb.

Sources: Be Ready Utah, Utah DEM, Utah Seismic Safety Commission, Ready.gov, American Academy of Pediatrics, CDC, NOAA, Western States PEHSU, Save the Children, Earthquake Country Alliance. Family gear is on page 2. Not professional advice.

The Family Gear and Plan

SPLIT IT BETWEEN THE ADULTS

7 In EACH adult bag

Duplicate the critical stuff. If you get separated, both of you still have it.

- [ ] ADULT Bleeding kit: tourniquet, pressure bandage, packing gauze, gloves. **Take a free Stop the Bleed class.**
- [ ] ADULT Water filter + chlorine dioxide tablets. Filter first, then treat. Filters alone don't stop viruses.
- [ ] ADULT Printed photo of every kid, with height and weight on the back
- [ ] ADULT Half the cash: **at least $200 in small bills** for the family
- [ ] ADULT Waterproof bag of copies: IDs, birth certificates, insurance, prescriptions, proof of address, car title
- [ ] ADULT Spare house and car keys
- [ ] ADULT Paper map: two routes out, meeting places, each school's pickup spot
- [ ] ADULT Marker, notepad, pencil (to leave notes)

8 First aid kit (one bag)

After a quake, most injuries are falls, sprains and cuts from glass.

- [ ] Elastic wrap, SAM splint, 2 triangular bandages
- [ ] Irrigation syringe, closure strips, non-stick pads, gauze, tape, antibiotic ointment, burn gel
- [ ] Tweezers (glass), trauma shears, 5+ pairs of nitrile gloves, thermometer
- [ ] Pain reliever, antihistamine, antacid, anti-diarrhea (adults only)
- [ ] Kids' liquid acetaminophen (one strength, with its syringe) + a **dose card by each kid's weight**. Under 2: ask a doctor first.
- [ ] First aid booklet

9 In the other adult bag

- [ ] Hand-crank NOAA weather radio
- [ ] Battery CO alarm (for the car or a shelter room)
- [ ] Tarp, 50 ft cord, duct tape, plastic sheeting, zip ties
- [ ] Toilet bags and extra trash bags
- [ ] Small stove, pot and fuel for warm drinks. **Outdoors only**, never in the car.
- [ ] Cup and spoon for each person, can opener
- [ ] Soft baby carrier if anyone can't walk far

10 The car bin by the door

A wheeled tote that goes straight in the car. Most families end up with relatives or in their car, not a shelter.

- [ ] Everyone's 0 °F sleeping bags
- [ ] A 5-gallon water jug (the rest of the gallon a day)
- [ ] Days 4 and 5 of food (Utah says plan for up to 5)
- [ ] Extra blankets, folding wagon, spare booster seat
- [ ] Pet kit: food, water, leash, carrier, vaccine records

11 Bedside bags (every bed)

A night quake means broken glass between you and the door.

- [ ] Shoes, socks, headlamp, gloves, whistle, spare glasses, in a bag tied to the bed. Kids too.

12 The last 2 minutes

Tape this list to the door. Minds go blank.

- [ ] Coats and boots · phones and chargers · wallets · glasses · meds from the fridge · CPAP · pets · car keys

13 If it hits on a school day

- [ ] Put 2+ local adults on each kid's school release form, in case you're stuck
- [ ] Learn each school's off-site pickup spot
- [ ] Teach the kids: stay with your teacher, never walk home
- [ ] Little kids memorize their full name, address and a parent's cell

SLEEPING IN THE CAR

Clear snow from the tailpipe before you start it. Crack a window, run it in short bursts with the CO alarm on, never in a garage.

THE GAS METER

Shut it off only if you smell gas, hear hissing, see damage or there's a fire. Keep a wrench at the meter. A pro turns it back on.

14 Keep it ready: twice a year (an easy reminder is the clock change)

- [ ] Keep the bags indoors near an exit, not the garage, basement or car (heat ruins meds and food)
- [ ] Recheck sizes and swap seasons: puffy, bivy and warmers in fall; more water and a sun hat in spring
- [ ] Babies and toddlers: recheck every 2 to 3 months
- [ ] Swap each bag's consumables pouch: food, meds, wipes, batteries, warmers
- [ ] New kid photos and dose cards. Power banks back to half.
- [ ] Walk the block with the bags on. Don't raid them for camping.

Cold-injury signs: shivering, fumbling hands, slurred speech, confusion or sleepiness; in babies, bright red cold skin and very low energy. Get them dry and warm the core first. **Heat:** shade, loosen clothes, sip electrolytes. Confusion means call for help.

Sources: Be Ready Utah, Utah DEM, Utah Seismic Safety Commission, Ready.gov, CDC, NWS, AAP, FEMA/NCMEC reunification guide, Stop the Bleed, Earthquake Country Alliance, KSL (Magna 2020). No affiliate links. Not professional advice.