BASIC EMERGENCY *Assessment*

Fill in the stars to evaluate where you are and where you can improve!
1 Star = Need to Begin! / 3 Star = Half Way There! / 5 Star = DONE!

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72 HOUR KIT

★★★★★

BASIC DESCRIPTION

BACKPACK
3 DAYS FOOD
3 DAYS WATER
HYGIENE ITEMS
FIRST AID
FLASHLIGHT
MATCHES
RADIO
Emergency Docs
Child & Pet Needs

TO DO'S

WATER

★★★★★

BASIC DESCRIPTION

1 GALLON PER PERSON PER DAY

TWO WEEKS SUPPLY

FILTRATION OPTION

TO DO'S

FOOD

★★★★★

BASIC DESCRIPTION

SHELF STABLE FOODS

5-10 SHELF STABLE RECIPES (or more!!)

FOOD FOR 30 DAYS+

TO DO'S

NECESSITIES

★★★★★

BASIC DESCRIPTION

TOILET PAPER
BATTERIES
FLASHLIGHTS
FUEL
HEAT SOURCE
FEM. SUPPLIES
SOAPS/BLEACH
BABY NEEDS
DENTAL NEEDS

TO DO'S

FIRST AID

★★★★★

BASIC DESCRIPTION

GOOD FIRST AID KIT

OTC MEDS:
PAIN RELIEVER
ALLERGY
COLD MEDICINE
COUGH SYRUP
PRESCRIPTIONS

TO DO'S

DOCS

★★★★★

BASIC DESCRIPTION

BIRTH CERT.
SS CARDS
DRIVERS LIC.
TITLES
BANK INFO
INSURANCE
PASSPORT
ACCOUNT INFO
UTILITY INFO

TO DO'S