

The Cypress Stake emergency plan encourages each family to have the following in preparation for an emergency, *A family emergency PLAN and at least A 72 hour KIT.* See below for ideas on how to make a 72 hour kit, and a family plan and other great resources.

## “Good, Better, BEST” 72 HOUR KIT

(This kit should be easy to transport should you need to leave your home)  
Suggestions

### ***Need to have:***

<b><i>Item</i></b>	<b><i>Qty.</i></b>	<b><i>Good</i></b>	<b><i>Better</i></b>	<b><i>Best / Premium</i></b>
Water	32 oz	Bottled Water	Foil Pouches	Both
Food	2400 calories	Protein Bars	Emergency Food Bars	Both
Light	Varies	Flashlight	Glow sticks	Both
First Aid Kit	1	Small	Medium	Large
Emergency Blanket	1	Mylar Blanket	Campers Blanket	Both
Toilet Paper / Wipes	1 / 6	Facial Tissues	Half Used roll	Emergency Rolls
Emergency Card	1	3 x5 with #'s	Emergency Card	Small Phone Book
Poncho	1	Plastic Disposable	HD Nylon	Both
Medications	Varies	(Daily medications or medications you can't be without for a week.)		
Clothing	Varies	Underwear	Socks and Underwear	Change of clothes

### ***Nice to have:***

<b><i>Item</i></b>	<b><i>Qty.</i></b>	<b><i>Good</i></b>	<b><i>Better</i></b>	<b><i>Best / Premium</i></b>
Extra Batteries	3	Off the Shelf	Long Lasting	Twist to Activate
Sanitation Bags	3	Grocery Bags	Bio Bags	Lrg Trash Bags
Radio	1	Btry pwr AM	Btry Pwr AM/FM	Solar/Crank Pwr Am/FM
Candles	2	Votive	Stick	Emrg Candles in a can
Matches	1	Household	Waterproof	Lighter
Knife	1	Pocket Knife	Swiss Army Knife	Survival Knife
Tennis Shoes	1	Old Pair	Cheap new Pair	New pair broken in
Rope	1	Sm Nylon Cord	50' ParaCord	"Climbers Rope"
Duck Tape	1	Used Roll	Emergency Roll	Full Roll
First Aid Inst.	1	Small card	Full Manual	Be First Aid Trained
Backup Cell Power	1	Car Charger	Extra Battery	Solar Charger
Important Papers	Varies	Copy of wallet	Copy of Ins paperwork	ALL OF IT
Computer Back Up	Varies	CD's	Thumb Drive	External Drive
Hygiene Products	Varies	Hand Sanitizer	Small Hygiene Kit	Toiletries

### ***Over The Top:***

Tube Tent, Light Weight Jacket, MRE's, Multi-tool, Water Purification System, Hand Warmers, Wool Blanket, Pry bar  
Wool Blanket, Water Container, Fem Hygiene Prod, Pants, Extra Socks, Extra Socks, Sun Screen, MRE's, Hat,  
Medical Kit, Back up Cell charger, Hard Candy, Bottled Water, HAM Radio, FRS Radio's, Weapon, Trekking Pole

### ***Creating a Family Plan:***

Gather important family phone numbers, locations and evacuation routes. Teach every family member their “part” of the plan. Use texting, Facebook or Twitter to communicate with family members. Designate an out of state contact make sure everyone knows the number and how and when to communicate. .

### ***Additional Resources:***

READY.GOV – OCPREPAREDNESS.COM – FROSTCPR.COM – YOUTUBE.COM/USER/KMIKESELL