



2019 Prepare in a Year Campaign

72- Hour Go-Bag: Build a 3-day Kit

The first step in preparing a **72-Hour Go-bag** is to review a list of the items you should store in your bag for a quick evacuation or other emergency. Visit the County of San Diego's website: <http://www.readysandiego.org/build-a-kit/> for a list of items you should have in your bag.

Having supplies such as: **water, non-perishable food, a first aid kit and tools** pre-assembled to keep a family safe and comfortable is vital. A 72-Hour Go-Bag is not going to include every item possibly needed during an emergency. Rather it is meant to sustain you and your family for a few days (3-days minimum).

To help you stay on a budget, check your home and/or pantry first to determine what you already have, then make a list of items to gather throughout the year. Once you're ready to go to the store, we suggest you print the basic emergency supplies list from the www.readysandiego.org website to get you started and take your personal list with you.

Helpful Notes:

- Be sure to make your go-bag manageable to carry.
- It is not required to go out and buy all new supplies.
- Remember you don't have to purchase everything all at once.
- Check the expiration dates on food items stored in your go-bag!

Ideas to Consider:

Water:

- Store 1-gallon per person per day (as a minimum)
 - Emergency water pouches have a 5-year shelf life
 - Cases of bottled water can be stored too

Food: Add items that do not require water or cooking

- Non-perishable foods (canned foods) that are ready to eat: meats, vegetables and fruit cups
- Granola or protein bars
- Snacks: nuts, crackers
- Add utensils, paper plates and a can-opener