

# Little Whale Cove 72-hour Kit Checklist

## LWCHA SAFETY COMMITTEE 72-HOUR KIT

[This is intended as a quick reference checklist. Please read the 72-hour Kit document for complete information. Carry as much as you can, but don't sacrifice your mobility.](#)

### WATER

3 days of water - 1gal per day per person (don't sacrifice your mobility in order to carry water)  
OR small bottle chlorine beach & eyedropper

### FOOD

3-day supply of non-perishable food

### CLOTHING

Change of clothing and footwear per person  
Jacket or coat  
Long pants  
Long sleeve shirt  
Sturdy waterproof shoes or work boots  
Hat, gloves and scarf  
Rain parka  
Thermal underwear  
Sunglasses

### SHELTER

Lightweight plastic tarp or a tube tent  
Blanket, sleeping bags or emergency blanket

### PERSONAL ITEMS

Wallet with ID  
Credit cards, cash, traveler's checks

Coins for payphone  
Important phone numbers  
Proof of medical insurance

### SANITATION

Toilet paper  
Soap  
Feminine supplies  
Personal hygiene items  
Insect repellent

### TOOLS & COMMUNICATION DEVICES

Portable, battery-operated radio  
Flashlight  
Cell phone  
Extra batteries  
Manual can opener, utility knife  
Pliers  
Tape  
Compass  
Matches in a waterproof container  
Paper, pencil  
Whistle  
Plastic sheeting  
Rope, twine, or cord  
Map of the area

### FIRST AID SUPPLIES

Sterile adhesive bandages in assorted sizes  
2-inch sterile gauze pads (4-6)  
4-inch sterile gauze pads (4-6)  
Hypoallergenic adhesive tape  
Triangular bandages (3)  
2-inch sterile roller bandages (3 rolls)  
3-inch sterile roller bandages (3 rolls)  
Scissors  
Tweezers  
Needle  
Moistened towelettes  
Antiseptic  
Thermometer  
Tongue blades (2)  
Tube of petroleum jelly or other lubricant  
Assorted sizes of safety pins  
Cleansing agent/soap  
Latex gloves (2 pair)  
Sunscreen

### Non-prescription drugs and supplies

Aspirin or nonaspirin pain reliever  
Anti-diarrhea medication  
Antacid (for stomach upset)  
Contact lenses and supplies  
Extra eye glasses  
Hearing aid batteries

### Prescription medicines

At least three days supply of all critical Medicines & copies of the prescriptions.

### Other Items: