



City of Cranston Emergency Management
Rhode Island Emergency Management Agency

The First 72 Is On You!

Personal Emergency Kit Checklist

After an emergency or disaster strikes, support and resources may not be available right away. Every home needs an emergency kit with a three-day (72 hours) supply of food, water, and other basic needs. Below is a list of the basics that should be in your emergency kit. Add to this list based on your family's unique needs.

- ✓ Water (1 gallon per person per day)
- ✓ Food: ready to eat, requires little water
- ✓ Manual can opener, cooking supplies
- ✓ Disposable plates, cups, utensils
- ✓ Battery-operated/hand crank flashlights/radio
- ✓ Extra batteries
- ✓ Prescription medications
- ✓ Basic first aid kit
- ✓ Cash (small bills and coins)
- ✓ Games/activities for children
- ✓ Moist towelettes, hand sanitizer
- ✓ List of local shelters
- ✓ Pet supplies (food, water, leash, toys, license, immunization records)
- ✓ Baby needs (diapers, bottles, formula)
- ✓ Personal hygiene items
- ✓ Important family documents
- ✓ Cell phone charger
- ✓ Emergency contacts
- ✓ Plastic sheeting, duct tape
- ✓ Additional clothing, blankets.
- ✓ Waterproof matches
- ✓ Utility knife

Put items in a large, waterproof container (large plastic garbage can with lid and wheels) that you can move easily. Store your disaster kit in a clean, dry, and accessible location. Every six months, check your emergency kit for items that may be broken, damaged or expired. Replace any item that is not safe to use.

If anyone in your family has special healthcare, functional, or access needs, enroll in the Rhode Island Special Needs Emergency Registry. The registry is designed to identify individuals who require special assistance during emergencies. Enrollment does not guarantee assistance, but allows first responders to appropriately plan for, prepare for, and respond to the needs of the community. To register, visit <https://health.ri.gov/emregistry> or call 946-9996.