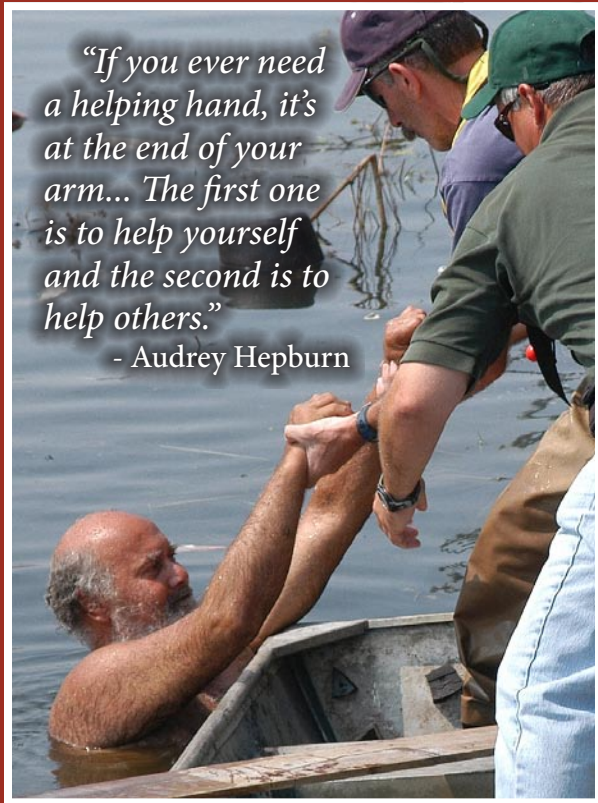


Helping Your Community



During a disaster being prepared for an emergency not only increases your chances of personal wellbeing, but also your ability to help others in distress. Remember that it's not just one home or person that is affected; a whole community feels the aftershock of a disaster. A well prepared 72 Hour kit may help those who plan to assist their community during an emergency situation be more effective.

The Corps Respond Program is a collaborative effort between Northwest Youth Corps and AmeriCorps. Corps Respond focuses on emergency preparedness, natural disaster response, community outreach and conservation.

Northwest Youth Corps would like to thank the following generous donors to our Corps Respond Program:

Allstate Foundation
Rose E. Tucker Charitable Trust
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Northwest Youth Corps (NYC) is an education and youth development organization dedicated to helping youth achieve success. NYC offers a safe, structured, outdoor education experience where teens learn about the environment, master new skills, and earn a paycheck. Since 1984, more than 14,000 youth have joined an NYC team and experienced an unforgettable five weeks of challenge, teamwork and outdoor adventure. For information about NYC's Outdoor High School or about Outdoor Jobs for Youth visit our website.

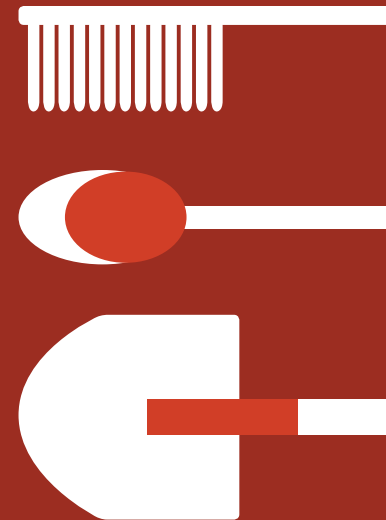


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Northwest Youth Corps & AmeriCorps

The 72 Hour Emergency Kit



Prepare Before Disaster Strikes

Why a 72 Hour Kit?

It can take relief workers up to 72 hours to reach areas affected by a disaster. Creating a 72 Hour kit is vital to safety and survival in the event of an emergency.

A 72 hour kit can either be purchased or easily assembled. It is important to tailor each kit for your family's needs. It is a good idea to have kits for your home, your office, and your car.

In the last ten years there have been 1300 officially declared disasters. Due to the unpredictable nature of natural disasters, it is important that everyone follow the three P's of emergency preparedness:

Plan

- Familiarize yourself with the types of disasters likely to affect your area
- Locate possible shelter locations and water sources
- Draft a clear evacuation plan

Prepare

- Collect and store all items recommended on the 72 hour emergency kit list
- Make copies of important documents and keep them in a secure and watertight location

Practice

- Be certain that your family is familiar and comfortable with emergency procedures
- Regularly practice emergency drills
- Review the contents of the 72 hour kit every six months to be sure nothing has expired

The following is a suggested list of items. We recommend that you have all of the suggested items and that you add to it, so it is customized to meet your needs.

72 Hour Kit	Quantity	Description
Water per person	3 gallons	For drinking, cooking, cleaning and medical needs
Canned goods per person	6 cans	Comfort food items
Dry goods per person	2 pounds	Beans, Rice, or Dehydrated foods.
Powdered drink mixes per person	8 oz	For electrolyte replacement
First aid kit	1 for all	Must be trauma capable <u>and</u> medicinal
Blankets	2+	Have enough for each person plus one extra
Flashlight w/ batteries	1 or 2	Waterproof preferred.
Battery-powered radio	1 w/ batteries	For listening to updates and news casts
Extra Batteries	8 of each type	Be sure to have correct type of battery for use in all of your emergency gear.
Matches, lighter	2 each	Keep matches or lighters in a sealed, watertight container
Candles	6 tall	
Medications	for 3 days	Clearly labeled in waterproof containers, with all instructions and warnings in place.
Fire extinguisher		ABC
Cooking and eating utensils	1 set per person	Knife, fork, spoon, bowl, plate, pot, and water bottle
Cook stove w/ fuel/ sterno)	1 for all	Backpacking stoves are preferred because of the size and portability. Make sure to practice lighting and running of stove regularly.
Duct tape	1 roll	For everything
Bleach	4 fl. Oz.	Cleaning dishes, etc...
Axe		
Shovel		
Pry bar	2 for all	For opening jammed doors, windows, debris...
Multitool	1 for all	Many applications, useful for shutting off utilities
Trash bags	1 box	To keep items dry and protected, emergency rain poncho, shelter, etc...

72 Hour Kit	Quantity	Description
Hygiene is extremely important to prevent diseases and infections, it also aids emotional wellbeing.		
Hand sanitizer	1 quart	
Toothpaste	1 tube	
Toothbrush		
Toilet paper	2 rolls	
Moistened towelettes	30-pack	
Personal hygiene needs		Diapers or sanitary napkins if needed
Warm jacket/ coat		Insulation against the elements, pillow, etc...
Sturdy shoes		Must have for good protection from debris and injury.
Undergarments	3 pair	
Socks	3 pair	
Poncho/ rain slicker		
Hat/ bandana		Sun protection or warmth insulation.
Gloves (heavy and warm)	2 pair	For grip, warmth, and protection against injury.
Extra eyeglasses	1 set	In protected case.
Extra hearing aid/ batteries	1 set	In protected case.
Money	\$50-\$100 min. small bills, a roll of quarters and dimes	Use in pay phones and purchases.
Insurance policy numbers, copies of important documents		Keep in a waterproof container and take with you.
Copy of Prescriptions		
List of phone numbers		Have primary contacts and backup contacts, perhaps with addresses as well.
Map of area		

By simply using your own household materials you could make your own 72 hour kit for under \$50