



Did you know ? The 72h Emergency Kit is « essential ».

Citizens should make sure they know the instructions to follow in the event of an emergency and have a level of autonomy allowing them to deal with at least the first 72 hours of a disaster. Did you know ? 3 days goes by quickly, but 72 hours can be long!

So it's all about having essential items that will keep you and your family going for the first 3 days of an emergency. This 3-day period is the time that the emergency services could take to help the affected people or that the municipality could take to organize response measures, or that essential services could take to recover.

We strongly urge you to equip yourself with such a kit.

What to put in a 72h kit?

- Drinking water (two liters per person per day, for at least three days).
- Non-perishable food (for at least three days).
- Manual can opener.
- Battery operated radio and spare batteries.
- Flashlight and spare batteries.
- First aid kit: adhesive bandages, sterile gauze pads, scissors, tweezers, pins, antiseptics, analgesics.
- Toiletries: toothbrushes, towels, tissues, soap, toilet paper, plastic garbage bags.
- Blankets or sleeping bags.
- Money (cash).
- Set of car and house keys.
- Whistle (to signal your presence to the rescuers).
- Candles, lighter and matches.
- Multifunctional pocket knife.
- Dust masks (to filter contaminated air).
- Photocopies of your important personal documents: identity documents, insurance policies, prescriptions for medication and glasses, list of people to contact in case of emergency.

Finally, don't forget to include articles for:

- The family (medicines, medical equipment, special food);
- Infants (formulated milk, disposable diapers, baby bottles);
- Pets (food, medicine, accessories).

Excellent ! You can see from reading this list that you have almost everything that is suggested, but you can also see that it is a bit scattered all over the house. It would be wise to assemble this kit as suggested and place it in a specific location where you can access it in an emergency. A sturdy, easy-to-carry bag, such as a backpack, seems ideal.

And for assembly, why not make it a family activity? So, Get to it now !

