

## 2025 Prepare in a Year Campaign



The first step in building your **72-Hour Go-bag** is to review a list of items you should pack in your bag **BEFORE** an evacuation or other emergency, such as a power outage. For a list of basic items please copy these hyperlinks and visit **AlertSanDiego [Build a Kit](#) / FEMA's: [Ready Emergency Supply List](#)** or your Listos Disaster Ready Guide provided by SDCF CERT. You can find a copy at your local library or to download a printable copy visit **Listos CA [Resource Hub – Listos California](#)** (available in multiple languages).

Having supplies such as: **water, non-perishable food, and a first aid kit** to keep your family safe and comfortable during an emergency is vital. Keep in mind your 72-Hour Go-Bag may not 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) during and following an emergency. ***If you can . . .plan for 5-7 days.***

To help you stay on a budget, check your home first to determine what you already have and what specific items your family needs. If you are new to your community or the county, check the **Know Your Hazards Tool [Know Your Hazards](#)** to learn what hazard is most likely to occur in your area. Next 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 **[Build A Kit | Ready.gov](#)** (available in multiple languages), review your personal list and purchase any priority items needed to sustain or keep your family comfortable during a local disaster.

### Helpful Reminders:

- Be sure to make your 72-hour Go-bag manageable to carry.
- Remember you don't have to purchase everything all at once or all new items either.
- Sustainable go-bags = repurpose unused luggage, backpacks, duffle bags or ice chests as your go-bag.
- Every 6-months: Check the expiration dates on food items stored in your 72-hour Go-bag!

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### Ideas to Consider:

**Water:** Store 1-gallon per person per day (as a minimum)

- Emergency water pouches have a 5-year shelf life.
- Buy cases of water or you can repurpose heavy plastic bottles (soda type) and use your own water.

**Food:** Add items that do not require water or cooking

- Non-perishable foods (canned goods) that are ready to eat: meats, vegetables, and fruit cups.
- Snacks such as granola, protein bars, nuts and crackers are easy to pack and carry.
- Pack food items that are low in salt.
- Add utensils, paper plates and a manual can-opener and a pair of scissors to cut open snack packs.
- Don't forget trash bags to collect your empty food wrappers and packaging.



January 2025 Monthly Tip – Prepare a 72-Hour Go-Bag

