

# What should you prepare for a 72-hour emergency situation?

## Emergency supplies for 72 hours

### What supplies are the most important?

- ☐ Bottled drinking water  
In an emergency, an adult can manage with 2 litres of water per day.
- ☐ Containers for water  
Canisters or other sealable containers
- ☐ Stock of non-perishable food
- ☐ First aid kit and necessary medication for one week
- ☐ Battery-powered radio and flashlight
- ☐ Cash  
Coins and banknotes of various denominations

### What else is important to have ready?

- ☐ Charged power bank and spare batteries
- ☐ Copies of important documents
- ☐ Gas stove and matches
- ☐ Hand sanitizer
- ☐ Toilet paper and hygiene items
- ☐ Pet food
- ☐ Multi-purpose knife
- ☐ Fire extinguisher or fire blanket
- ☐ Strong adhesive tape
- ☐ Garbage bags
- ☐ A full fuel tank in our car (or a fully charged battery in an electric vehicle)

### Emergency supplies of long-lasting food should mainly include:

- ☐ Bottled drinking water, syrups, juices
- ☐ Long-life milk
- ☐ Long-life bread
- ☐ Cereals, müsli, oats, nuts, and seeds
- ☐ Canned meat and beans
- ☐ Canned fruit and vegetables
- ☐ Jams, honey, and preserves
- ☐ Dried fruit and dried meat
- ☐ Energy and protein bars, biscuits, chocolate, and glucose tablets

## What to pack in an evacuation bag?

### Personal items

- ☐ Identity card, passport, health insurance card
- ☐ Copies of important documents  
Birth certificate, marriage certificate, important contracts
- ☐ Keys
- ☐ Cash and payment cards  
Coins and banknotes in various denominations

### Health and hygiene

- ☐ First aid kit and a week's supply of regularly used medication
- ☐ Glasses, contact lenses
- ☐ Hand sanitizer
- ☐ Toilet paper and hygiene items
- ☐ Towel

### Food and water

- ☐ Bottled drinking water  
In an emergency, an adult can manage with 2 litres of water per day.
- ☐ A one-day supply of non-perishable food
- ☐ Mug, bowl, cutlery
- ☐ Multifunctional knife

### Clothing and sleeping

- ☐ Sturdy shoes, raincoat
- ☐ Spare clothes and underwear
- ☐ Sleeping bag or blanket, sleeping mat

### Electronics

- ☐ Phone with charger  
Phone numbers of loved ones written on paper
- ☐ Battery-powered radio and flashlight
- ☐ Charged power bank, spare batteries, and cables

### Pets

- ☐ Food, medicines, bowls
- ☐ Carrier, muzzle, leash

### Entertainment

- ☐ Pencil and paper
- ☐ Book, magazine, board game
- ☐ Toys for children

## Contents of a home first aid kit

- ☐ Regularly used medication  
Sufficient supply for one week, including instructions for use.
- ☐ Painkillers, fever and anti-diarrheal medication
- ☐ Bandages and plasters
- ☐ Disinfectant for wounds and hand sanitizer
- ☐ Disposable gloves
- ☐ Tourniquet
- ☐ Rescue (thermal) blanket
- ☐ Respirators
- ☐ Thermometer
- ☐ Tweezers and scissors
- ☐ Pencil and paper



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За допомогою QR-коду ви перейдете на сторінку з посиланням для завантаження списку українською мовою.



Information for deaf users of sign language is available at [www.72h.gov.cz](http://www.72h.gov.cz).



The list was created in collaboration with experts in crisis management and communication. It is intended as a practical tool for managing crises and disasters. More information is available at [www.72h.gov.cz](http://www.72h.gov.cz).