The 72-Hour Kit
Preparedness is everyone’s job.

Integrity
We interact with each other and the community we serve with honesty, dignity, and respect.

Innovation
We respond to the community’s needs with vision and initiative, relying on both traditional and non-traditional problem-solving methods.

Partnership
We actively promote a spirit of teamwork and cooperation through open communication and the free exchange of ideas.

Service
We continuously develop our skills and talents to provide top quality, responsive, effective law enforcement services.

Accountability
We ensure judicious management of human, financial, and physical resources.

Jefferson County Sheriff’s Office
200 Jefferson County Parkway
Golden, CO  80401

Office Hours: 8 a.m. - 5 p.m., Mon.-Fri.
Phone: 303.277.0211
Emergency: Dial 911
www.jeffcosheriff.com

Steps Toward Emergency Preparedness

Establish an Out-of-State 24-Hour Telephone Contact
- Calls out will not overload phone lines as will calls coming into a disaster area.
- All relatives should be informed now on procedures to call the phone contact, not after a disaster has occurred.

Plan How Your Family Will Stay In Contact if Separated
Pick two meeting places:
1. A place a safe distance from your home in case of fire
2. A place outside your neighborhood in case you can’t return home

Other Considerations
- Stock supplies to last up to a week for each person.
- Be prepared to relocate to a shelter during a prolonged power outage.
- Have extra cash on hand in case electronic transactions (ATM card, credit cards, etc.) cannot be processed.
- Work with your family in talking about the steps each needs to take to be ready if disaster happens.

Meet With Neighbors
Plan how the neighborhood could work together after a disaster. Know your neighbors’ skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents can’t get home.

Emergency Outdoor Water Sources

How to Store Water
Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances.

Sources and Purification
You can use rainwater or water from streams; rivers and other moving water; ponds and lakes; and natural springs. Be sure to purify the water by:
- Boiling
- Disinfection (household liquid bleach: 16 drops/gal. of water, stir & let stand 30 min.)
- Distillation (boil 2 pots water and collect the vapor by tying a cup inside the pot lid -- the cup shouldn’t dangle in the water -- it will condense in the cup)
The 72-Hour Kit

The 72-Hour Kit is designed to help you prepare for disasters. It should be stored in a 32-gallon trash can, suitcase, duffle bag, backpack, footlocker or individual pack.

Basic Emergency Needs
- Battery-powered radio
- First aid kit and manual
- Sleeping bags and blankets (wool & thermal)
- Waterproof/windproof matches
- Non-perishable foods, manual can opener
- Flashlight with batteries, or wind-up flashlight
- Water storage (1 gallon/day)
- Water purification tablets
- Utility knife
- Emergency candles
- Extra eyeglasses/contact lenses
- Essential medications
- Extra clothing
- Baby supplies

Suggested non-perishable food items: ready-to-eat goods in unbreakable containers, canned meats, juice, canned fruits and vegetables, powdered milk, infant foods, crackers, peanut butter, freeze-dried and dehydrated goods.

Other Emergency Needs
- Disposable diapers (dressing/splint/padding)
- Triangular bandage (36” x 36” x 52”)
- Baking soda (.5 tsp. soda + 1 tsp. salt + 1 qt. water for shock)

Car Survival Kit
- Always maintain at least 1/2 tank of gas
- First aid kit and manual
- Class ABC fire extinguisher
- Radio and batteries
- Non-perishable food stored in coffee can
- Bottled water
- Bag of sand, shovel, tools
- Sundry kit: paper and pencil, map, tissues, pre-moistened towels, plastic bags, essential medications
- Flashlights and batteries
- Reflectors and flares
- Waterproof matches and candles
- Jumper cables
- Blankets or sleeping bags
- Short rubber hose for siphoning

Sanitation Kit
- Plastic bags and ties
- Disinfectant
- improvised toilet seat
- Paper cups and plates
- Personal toiletries
- Baby supplies
- Aluminum foil
- Paper towels
- Personal hygienic needs
- Plastic utensils
- Soap
- Plastic bucket with tightly fitted lid
- Soap
- Salt
- Gauze
- Elastic bandage
- Cotton balls
- Cotton swabs
- Safety pins
- Scissors
- Thermometer
- Matches
- Needles

Standard First Aid Kit
- First aid manual
- Aspirin or pain relievers
- Adhesive bandages
- Heavy string
- Individual medical needs
- Rubbing alcohol
- Diarrhea medicine
- Tweezers
- Micropore adhesive, paper tape
- Small splints, popsicle sticks
- Petroleum jelly
- Sanitary napkins (pressure dressing)
- Preparedness is everyone’s job. Not just government agencies but all sectors of society. Service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations, and every individual citizen should plan ahead for disaster. During the first few hours or days following a disaster, essential services may not be available. People must be ready to act on their own.