

72-Hour Emergency Kit

- Store *at least* a 3-day supply of non-perishable, high-energy, easy-to-make foods such as MRE's or freeze dried (which requires water)
- Choose meals that your family is used to and are low-salt
- Each person should have 1 gallon of water per day for drinking, cooking, and cleaning purposes
- Update your kit every six months to make sure that all food, water, and medications are fresh (not expired), clothing fits, personal documents and credit cards are up to date, and batteries are charged . April/October as a reference point is a great way to remember it.
- Small toys/games, and "comfort foods" are important to include as they will provide help reduce the stress level
- Be aware that some items may leak, melt, "flavor" other items, or break open. Dividing items into individual Ziploc bags will reduce the risk
- *Get prepared *gradually, methodically, and purposefully* to avoid unnecessary expense or stress

Bedding and Clothing

- _ Sleeping bag for each person, foam pad, small pillow
- _ Change of clothing for each person (short and long Sleeve shirts, pants, socks, jackets, etc.)
- _ Undergarments
- _ Rain Coat /Poncho
- _ Wool or fleece blankets and Mylar
- _ Cloth & plastic sheets (for ground cover, water collection)

Fuel & Light

- _ Battery operated lights (LED flashlights, lamps are the best)
- _ Extra Batteries
- _ Flares
- _ Candles
- _ Lighter
- _ Water-Proof Matches

Heat & Cooking

- _ Backpack stove & canned fuel
- _ Mess kit (1-2 people)—plate ware & utensils
- _ Hand warming packs
- _ Hat, newspaper (for body insulation & fire-starter)
- _ Jacket, sweater, sweatshirt,
- _ Work gloves
- _ Aluminum foil, plastic wrap, paper towels

Miscellaneous

- _ Duffle bag or back pack to store kit items in
- _ Infant Needs (diapers, wipes, formula, bottles, binky)
- _ Light sticks, reflector, whistle, mirror
- _ Whistle to call for help
- _ Tarp, rope, stakes to create shelter
- _ Water purifier or purification tablets
- _ Work gloves
- _ Bug spray
- _ Extra set of house & car keys
- _ Scriptures, books & games for entertainment

Tools

- _ Can opener or multi-use tool
- _ Folding shovel
- _ Radio (with batteries)
- _ Axe or crowbar
- _ Pocket Knife
- _ Rope, bungee cords, wire, heavy duty string
- _ Duct Tape
- _ Adjustable wrench
- _ Permanent marker, paper, and tape to leave notes
- _ Various sizes of zip lock bags
- _ Disinfectant spray, wipes, hand sanitizer
- _ Toilet paper and medicated wipes

First Aid & Medication

- _ Toilet paper, medicated wipes, anti-biotic ointment, calamine lotion, sunscreen, Tylenol, Ibuprofen, prescription drugs, stomach anti-acid,
- _ Feminine hygiene, comb or brush, toothpaste, toothbrush,
- _ List of food or medication allergies
- _ Cleaning Supplies: hand sanitizer, soap, shampoo, detergent,

disinfectant, bleach, *Warning: Scented soap can "flavor" food*

- _ Immunizations records (and shots up to date)
- _ Medication (Acetaminophen, Ibuprofen, children's medication, etc.)
- _ Prescription Medication (for 3 days)
- _ Vaseline
- _ Nail clippers, file, scissors, safety pins
- _ Glasses or contact lens and solution
- _ Deodorant
- _ Mirror, wash cloth, towel

Documents & Money

- _ Driver's License
- _ Passport or copy of Social Security card, or other photo I.D.
- _ Bank account info
- _ Backed up computer data
- _ Legal Documents (Birth/Marriage certificates)
- _ Wills, Contracts, Deeds, Titles, etc.
- _ Photos of family & pets for identification purposes
- _ Irreplaceable family heirlooms (scrapbooks, photos, etc.)
- _ List of emergency contact numbers (family, friends, work, etc.)
- _ Insurance Policies
- _ Extra keys to home & car
- _ Cash, traveler's checks, credit cards
- _ Pre-Paid Phone Cards
- _ Camera to document loss or damage

Additional Supplies & Considerations

- Dusk mask or handkerchief to filter contaminated air
- Local maps
- Cell phone & charger, inverter or solar charger
- Pet food and extra water for your pet
- Various sizes of nails or screws
- Tools—hammer, screw drivers, utility knife, wrench, pliers, channel locks, pocket knife, etc
- Rechargeable tools (drill, screw driver, light, etc)
- Tie downs/bungee cords/plastic ties

- Clear plastic sheeting (5-6 mil) to cover windows
- Staple gun and extra staples
- Furring strips to secure plastic on broken windows
- Sump pump and way to power it
- Solar panels & deep-cycle battery to store energy
- Vitamin supplements to prevent disease
- Seeds for planting
- Wall anchors for furniture & pictures
- Car repair kit: tools, flat tire fixer, jumper cables, siphoning hose, garbage bags & ties, extra fuses, fire extinguisher, books & games, utility knife
- Fire extinguisher(s) at home
- Work gloves & goggles
- Water proof gear or clothing
- Water proofing spray
- Chain saw, replacement blades, oil, and gasoline
- Extra light bulbs
- Extension cord(s)
- Sewing needles, thread, buttons, etc.
- Sufficient gas in your car(s) in case of evacuation
- Family trained how to turn off water/gas/electricity
- Family evacuation plan—what do/where meet?
- Emergency contact numbers

Other 72 hour kit links:

<https://www.asecurelife.com/72-hour-kit/>

<https://www.ready.gov/build-a-kit>

<https://providentliving.com/preparedness/prepguide/emergencykit/>