

72-HOUR KIT GUIDE AND CHECKLIST

Each member (if able) should pack their own emergency kit, so they are familiar with the items and where they are located in the pack.

Each family member should be able to carry their own pack.

Some items can be divided among family members. Example, the strongest member of the family may carry the tent and cooking supplies since not every emergency pack will need these items.

You may want to extend your kit from 72 to 96 hours.

Water - need ½ to one gallon per day per person (64 - 128 ounces)

Water is heavy and space is limited. Aim to pack ½ gallon per day, per person.

Consider:

- * Use heavy duty disposable plastic for reuse
- * Water pouches (purchased from emergency supply stores)
- * Reusable water bottle with filter
- * Cheese cloth to filter dirty water
- * Water purification tablets (vitamin c to help taste)
- * Water filtration straws

Food - Three meals per day for three days

- * Make as light as possible
- * MRE's are a good choice
- * Freeze dried camping food

- Emergency rations
- Protein/granola bars
- Trail mix/dried fruit/nuts
- Crackers/granola
- Canned tuna, beans, turkey, beef, etc.
- Beef jerky
- Oatmeal packets
- Canned or powdered juice
- Candy/gum

Cooking

- Mess Kit
- Portable stove
- Utensils
- Knife
- Tinfoil
- Can opener

Equipment/Tools

- Folding Shovel
- Axe
- Pocket knife
- Multi-tool
- Rope/paracord
- Duct tape
- Whistle
- Mirror (signal)
- Compass
- Work gloves
- Scissors
- Bungee cords
- Zip ties

- Paper maps of the area

Personal safety

- Bear spray
- Mace
- Knife/Holster
- Handgun/Case/Holster

Fuel/Light and Communication/Power

Multi-use devices can provide light, power, and communication

- Radio (solar/hand crank/batteries. Can use a charging station)
- Walkie-Talkies
- Ham Radio

- Extra batteries
- Battery holder (do not store batteries in device)
- Pen and Paper
- Sharpie
- Battery lighting (flashlights, lamps, etc.)
- Solar lighting (flashlight and lanterns that can be used as charging station)
- Charging cords

- LED headlamp
- Glow sticks
- Flares
- Candles

Fire starters

- Waterproof case to hold fire starters
- Waterproof matches
- Lighter
- Flint
- Magnesium fire starter

Bedding/Shelter

- Tent
- Blankets and Emergency Heat Blanks (that keep in warmth)
- Sleeping bag
- Hammock (get off the ground)
- Tarp/large garbage bags
- Rope
- Inflatable pillow

Clothing/Warmth

Change of clothing

- Short-sleeve shirt
- Long-sleeve shirt
- Socks
- Undergarments (underwear, sports bra, etc)
- Pants
- Raincoat/poncho
- Hats (shade)
- Knit caps (warmth)
- Bandana (used for sweat, shade, mask, wind, smoke, keep cool)
- Handwarmers
- Belt

Personal Supplies

Toiletries

- Toilet paper- remove the center tube to easily flatten into a plastic bag
- Feminine hygiene
- Toothbrush
- Toothpaste
- Dental floss
- Hand towel
- Deodorant
- Soap
- Shampoo
- Razor
- Extra contacts/solution/case
- Prescription eyeglasses/Lens wipes
- Sunglasses
- Chapstick
- Lotion
- Cleansing wipes/moist towelettes
- Nail clippers/Tweezers
- Sunscreen
- Bug spray
- PEZ
- Bandana
- Hair ties, headband, hair pins
- Small sewing kit

Medication and First Aid Supplies

Medication

- Prescription Medications
- Tylenol
- Ibuprofen
- Cold Medication
- Benadryl/Allergy
- Dramamine
- Tums
- Anti-diarrheal
- Laxative
- Anti-itch cream/sting relief pads
- Hydration packs/salt tablets
- Glucose packs
- Vitamins

First Aid

- First aid book

- Neosporin
- Alcohol wipes
- Hand sanitizer
- Band-Aids
- Mole skin
- Gauze pad and roll
- Splints
- Ace/compression bandage
- Bleed stop
- Instant ice pack
- Latex gloves
- Face mask
- Scissors
- Tweezers
- Safety pins
- Medical tape

Personal Documents and Money

- * Place these items in a water-proof container or plastic bag
- Legal documents (copy of birth/marriage certificates, wills, passports, driver's license, etc.)
- Insurance policies - proof of residence
- Cash and coins (small denominations)
- Credit card
- Paper map
- Pictures of family (if get separated)
- Emergency phone numbers and contact info

Miscellaneous

- * Backpack/Bag(s) to put 72-hour kit items in. (Make sure you can lift/carry it!)
 - o Consider bags that roll
 - o Consider purchasing an external rolling device for backpack
- * Infant needs (if applicable) diapers, formula, baby food, wipes etc.
- * Large tarp & duct tape could create a shelter anywhere
- * Sleeping bag if possible
- * Scriptures/religious items
- * Playing cards

TIPS

- Keep everything organized with Ziplock and mesh bags
- Bags can be reused for other purposes (wet clothes, leftover food, etc.)
- Mark each bag with a list of enclosed items
- Mark dates on each item/Ziplock bag to help with rotation
- Package items so they make sense
 - o Keep toiletries in one bag, etc.
- Put name on each backpack with baggage tag/duct tape
 - o Chances are you won't use these every day. This will help everyone know whose backpack/kit it is.

Note about clothing and updating:

- Update your 72-hour kit every six months
- Make sure that all food, water, and medication is fresh and has not expired
- Check that clothing fits and is seasonally appropriate
- Personal documents and credit cards are up to date
- Batteries are replaced
- * Store your 72-hour kits in a cool, dry place with easy access.
- * This checklist can also be used as a guide for your emergency car kit.