

Build a 72 hour kit

Directions: Print this list and check off each item that has been put into your 72 hour kit.

This kit should be put together in a practical manner so that you can carry it with you if you ever need to evacuate your home. It is also important to prepare one for each member of your family who is able to carry one.

This is a list of items to store in a 72 hour kit so a family can be prepared in case of an emergency.

Food and Water

(A three day supply of food and water, per person, when no refrigeration or cooking is available)

- Protein/Granola Bars
- Trail Mix/Dried Fruit
- Crackers/Cereals (for snacks)
- Canned Tuna, Beans, Turkey, Beef, Vienna Sausages, etc
- Canned Juice
- Candy/Gum (ideally hard candy and well sealed gum)
- Water (1 Gallon/4 Liters Per Person/Per Day)

Bedding and Clothing

- Change of Clothing (short and long sleeved shirts, pants, jackets, socks, etc.)
- Undergarments
- Rain Coat/Poncho
- Blankets and Emergency Heat Blanks (that keep in warmth)
- Cloth Sheet
- Plastic Sheet

Fuel and Light

- Battery Lighting (Flashlights, Lamps, etc.)
- Extra Batteries
- Flares
- Candles
- Lighter
- Water-Proof Matches

Equipment

- Can Opener
- Dishes/Utensils
- Shovel
- Emergency Radio (with batteries!)
- Pen and Paper
- Axe
- Pocket Knife / Multi-Use Pocket tool
- Rope (for various applications)
- Duct Tape

Personal Supplies and Medication

- First Aid Kit and Supplies**
- Toiletries (roll of toilet paper- remove the center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, etc.)
- Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc. Warning: Scented soap might "flavor" food items.)
- Up-to Date Immunization Records
- Medication (Acetaminophen, Ibuprofen, children's medication etc.)
- Prescription Medication (for 3 days with copies of prescriptions)

Personal Documents and Money

(Place these items in a water-proof container!)

- Government Issued Identification
- Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts, etc)
- Vaccination Papers
- Insurance Policies
- Cash
- Credit Card
- Pre-Paid Phone Cards

Miscellaneous

- Bag(s) to put 72 Hour Kit items in (such as duffel bags or back packs, which work great) Make sure you can lift/carry it!
- Re-sealable plastic bags (various)
- Infant Needs (if applicable)

Notes:

1. Update your 72 Hour Kit every six months (put a note in your calendar/planner) to make sure that: all food, water, and medication is fresh and has not expired; clothing fits; personal documents and credit cards are up to date; and batteries are charged.
2. Small toys/games are important too as they will provide some comfort and entertainment during a stressful time.
3. Older children can be responsible for their own pack of items/clothes too.
4. You can include any other items in your 72 Hour Kit that you feel are necessary for your family's survival.
5. Some items and/or flavors might leak, melt, "flavor" other items, or break open. Dividing groups of items into individual re-sealable plastic bags might help prevent this.