

BASIC 72 HOUR KIT

Below is a list of items to store in a 72 hour kit to help you be prepared in the case of an emergency. This is a generic 72 hour kit, found online, designed to give you and your family a starting point for some of the essentials which may be needed in the event that you need to evacuate your home for any reason; or there is an extended power outage at your residence. Please review this form and update it as you best see fit for your family. This can also be modified to help you plan your next camping trip.

Food and Water Supply

(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/Cereal, for munching
- Canned Tuna, Beef, Beans, etc.
- Canned Juice
- Water (1 gallon per person per day)
- Powdered Drink Mixes (Gatorade, Emergen-C, electrolytes, etc)

Fuel and Light

- Battery Operated Lighting (Flashlights, Lamps, etc.) Don't forget batteries!
- Extra Batteries
- Flares
- Candles
- Lighter
- Water-Proof Matches

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.)
- Medication (Acetaminophen, Ibuprofen, children's medication etc.)
- Prescription Medication (for 3 days)

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!
- 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 as 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 Ziploc bags might help prevent this.

Bedding and Clothing

- Change of Clothing (2 per person per day)
- Undergarments
- Rain Coat/Poncho
- Blankets
- Cloth Sheets
- Plastic Sheet

Equipment

- Can Opener
- Dishes/Utensils
- Shovel
- Radio (with batteries!)
- Pen and Paper
- Axe
- Pocket Knife
- Rope
- Duct Tape



Personal Documents and Money

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

- Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts, etc)
- Insurance Policies
- Cash (\$100 per person per day)
- Credit Card
- Pre-Paid Phone Cards
- Vaccination Papers, Up-to Date
- Immunizations & Records, Up-to Date



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