

72 HOUR EMERGENCY KIT

The following emergency preparedness kit list has been taken from several other lists all combined together. Your kit should be kept cool, dry, and readily accessible for rapid exit. It could be stored in easy to carry backpacks, duffle bags, suitcases, or 5 gallon buckets. Include a master list in the top of each kit with date prepared. Be sure to date everything that is perishable in your kit and keep it updated. If you would like to customize a 72 hr. kit, go to www.shelfreliance.com.

Water

2 gallons per person per day (min. 2 liters)
Portable Water Filtration System
Water Purification Tablets or Chlorine bleach

Equipment

Adjustable wrench - hammer - pocket knife
Alcohol stove for warmth
Back pack stove with fuel & or buddy burner/Sterno for cooking & warmth
Battery powered radio (extra batteries) or combination radio/flashlight/charger (hand crank)
Can opener
Family tent or tube tent
Fire starter Kit
Folding shovel (tent trench digging, waste disposal, etc.)
Garbage bags, Duct Tape, & Rope 1/4" X 26' to 36' (Good for shelter, tent repair, & misc.)
Hand & Foot Warmer Sets
Light sticks and or flashlight and batteries
Flashlights for the head are good for doing night
First Aid if needed to free the hands
Mess kit and utensils & or metal cup, pan, can or small tin pail
Plastic Sheeting- 2 sheets each being 9' X 12' (shelter, ground cloth & water collection)
Whistle -1 per person
Work Gloves (Leather is best)

Food for 3 days

Beef jerky, Canned meats (chicken, tuna, spam)
Candy & gum
Canned foods (chili, pork & beans, ravioli, soup, spaghetti, & stew) & canned juice
Cereals (oatmeal, cracked wheat, & sweetened)
Crackers & Cookies
Dry soup mix & Ramen Noodles
Dried fruits & raisins
Granola bars, nuts, trail mix
M.R.E.s (meals ready to eat)
Peanut butter & honey
Powdered milk and or cocoa mix
Fruit roll ups
Vitamins

THIS KIT BELONGS TO: _____
EMERGENCY CONTACT: _____
INVENTORY RE-EVALUATION DATES: _____

Clothing/Bedding

Extra pair of shoes
Newspaper/ground cloth
One or more changes of underwear (also thermals)
One pair of sweats per person
Rain poncho
Space blanket or space sleeping bag and or regular sleeping bag
Three pair of socks (at least one being wool)
Warm gloves, and or mittens and a warm hat

Personal Hygiene

Chapstick, lip balm, and or Blistex
Comb, brush, shampoo & misc. hair needs
Deodorant
Feminine hygiene needs
Insect repellent, sun screen, & lotion
Mirror (small)
Liquid soap, wash cloth, & towel
Nail clippers, nail file, emery board
Shaving supplies
Toothbrush, toothpaste, & floss

Sanitation

Airtight bucket or porta pottie
Bleach, disinfectant, & wet wipes
Gloves (6 or more pair of the rubber type)
Large & small zip lock bags
Liquid Gold (commercial product for liquefying waste products) Nilogel is also a great product.
Newspaper to dispose of waste
Trash bags or toilet liners & ties
Toilet paper

Stress & Morale Boosters

Ball, crossword puzzles, paperback book, cards
Disposable camera, Scriptures
Hard candy, chocolate chips (be careful about melting)
Harmonica, needlework, pictures
Paper, Pencils, Crayons, Markers, Colored Pencils etc.

Other

Extra Credit Card, eye glasses, car keys
Money-\$25 to \$100 in small bills - Also \$10 in coins
Prescription Medications, Dust & germ masks
Valuable Documents (Copies) ..Deeds, mortgage, titles, insurance, wills, home contents & pictures, social security numbers, drivers license or ID cards, birth cert., account numbers, genealogy, current pictures of family members, name, address, & telephone number of out of state contact, other phone numbers. (Could be put on a 3 1/2" computer disk, CD, or flash drive.

FIRST AID KIT LIST ON THE BACK OF THIS SHEET