72 Hour Emergency Kit

Notes:
• Update your kit every six months (put a note in your calendar/planner) to make sure that: all food, water, and medication are fresh (not expired), clothing fits, personal documents and credit cards are up to date, and batteries are charged.
• Small toys/games are important too as they will provide some comfort and entertainment during a stressful time.
• Older children can be responsible for their own pack of items/clothes too.
• You can include any other items you feel are necessary for your family’s survival.
• 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.

Food and Water
(3 day supply of food & water per person when no refrigeration/cooking is available)
☐ Protein/Granola Bars
☐ Trail Mix/Dried Fruit
☐ Crackers/Cereals (for munching)
☐ Canned Tuna, Beans, Meat, Vienna Sausages, etc (“pop-top” cans might leak/explode & Jerky can “flavor” other items)
☐ Canned Juice
☐ Candy/Gum (Jolly ranchers can melt & mint gum might “flavor” other items)
☐ Water (1 Gallon/4 Liters per person)

Bedding and Clothing
☐ Change of Clothing (short and long sleeve shirts, pants, socks, jackets, etc.)
☐ Undergarments
☐ Rain Coat / Poncho
☐ Blankets and Emergency Heat Blankets
☐ Cloth Sheet
☐ Plastic Sheet

Fuel & Light
☐ Battery Lighting (Flashlights, Lamps)
☐ Extra Batteries
☐ Flares
☐ Candles
☐ Lighter
☐ Water-Proof Matches

Miscellaneous
☐ Bag or Bags to put 72 hour kit items in (such as duffel bags or hiking back packs, which work great)
☐ Infant Needs (if applicable)

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

Personal Supplies & Medication
☐ First Aid Supplies
☐ Toiletries (roll of toilet paper—remove 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.)
☐ Immunizations Up-to Date
☐ Medication (Acetaminophen, Ibuprofen, children’s medication, etc.)
☐ Prescription Medication (for 3 days)

Personal Documents and Money
(Place these items in a water-proof container!)
☐ Scriptures (miniature ones are lighter)
☐ Genealogy Records
☐ Patriarchal Blessing
☐ Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts)
☐ Vaccination Papers
☐ Insurance Policies
☐ Cash
☐ Credit Card
☐ Pre-Paid Phone Cards

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