

72 Hour Emergency Kit

By Rachel Woods, About LDS Guide, <http://lds.about.com>

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.

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 munching)
- ☐ Canned Tuna, Beans, Meat, Vienna Sausages, etc ("pop-top" cans that open without a can-opener are ideal)
- ☐ Canned Juice
- ☐ Candy/Gum
- ☐ 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 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

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.)
- ☐ 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