

72 HR KIT FOOD LIST:

Pack all items (except dinners) in gallon Ziploc
Include 6 spoons/forks and 2 quart size Ziploc bags
Put 1 copy of Food List in each food bag
You will need some way to boil water

DAY 1:

Breakfast: 1 Hot Chocolate Packet
1 Applesauce
1 Granola Bar

Lunch: 1 Trail Mix
1 Beef Jerky
1 Juice Box

Dinner: 1 Dehydrated Meal

Snack: Fruit Leather/Roll-Up

DAY 2:

Breakfast: 1 Hot Chocolate Packet
1 Instant Oatmeal (make in quart Ziploc)

Lunch: 1 Easy Mac (make in quart Ziploc)
1 Fruit Snack/Dried Fruit Pack
1 Juice Box

Dinner: 1 Dehydrated Meal

Snack: 1 Fruit Leather/Fruit Roll-Up

DAY 3:

Breakfast: 1 Granola Bar
1 Applesauce
1 Hot Chocolate Packet

Lunch: 1 Beef Jerky
1-2 Cheese and Crackers
1 Juice Box

Dinner: 1 Dehydrated Meal

Snack: 1 Fruit Leather/Fruit Roll-Up

We threw in an extra juice box, oatmeal, and granola bar in the Ziploc bag because there was still room.

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1 Juice Box

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