

## 72 Hour Kit List

- 3 day supply of food (per kit)
- Flashlight (per kit)
- Extra batteries (\*per family)
- Duct tape (per family)
- Waterproof matches (per adult kit)
- Lighter (per family)
- Thermo blanket (per kit)
- Hand warmers (per kit)
- Plastic garbage bag (per kit – can double as a poncho)
- Sewing Kit (per family)
- Toilet Paper (per family: small travel size in a 3 pack can be found in the camping section at WalMart-saves on space)
- Wet wipes (One large pack per family or small individual packs per kit)
- Water purification tablets or a water purification system (per family)
- Light sticks (2 per kit)
- First aid kit (per family)
- Battery operated radio (per family)
- Clothing: pants, t-shirt, underwear, socks, shoes, sweatshirt/hoodie (appropriate sizes per kit)
- Rope (per family)
- Bungee cords (per family)
- Candles (per family)
- Work gloves (per adult kit)
- Pocket knife (per family)
- Medications: Acetaminophen, Ibuprofen, **children's Tylenol**, tums, Immodium (per family)
- Personal medications – 3 days worth (per kit as needed)
- Toothbrushes and paste (per kit)
- Washcloth, soap, shampoo, conditioner (per family)
- Deodorant (per kit, as needed)
- Lotion (one travel size per adult kit)
- Sunscreen (per family)
- Hand sanitizer (one travel size per adult kit)
- Feminine supplies (per kit, as needed)
- Extra eyeglasses (per kit, as needed)

- Infant's needs (if applicable)
  - Formula
  - Bottle
  - Baby food – not glass containers
  - Spoon
  - Clothing
  - Diapers
  - Diaper rash ointment
  - Wipes
  - Extra blanket
  
- \*\*Important documents, paper, pencil, and pen in a folder (per family)
- Cash in small bills (per family) A play-doh can works great to store it in.
- Current photo of each of your family members in case anyone is separated from the family. (can be kept in the folder with important documents)

\* Per family – put in either of the adult kits – preferably the father's. Having a larger pack/hiking pack for the head of household is ideal so that they can carry a heavier load than the children.

\*\* Important Documents are listed on the following sheet.

#### HELPFUL HINTS:

- Great sources to buy these items are your local dollar store or WalMart. Sometimes even WalMart's prices are cheaper than the dollar store.
- Use older/used (but still in good condition) clothing to put in your kits and cycle them out every year to accommodate growing children.
- If you need larger clothing to put in your children's kits (so that they will always fit a year from now) yet you don't have any, ask a friend who has an older/bigger child for any hand-me-downs or clothing they no longer need and would have donated otherwise.
- If you are ever de-junking your home, before you take it to a donation center ask yourself, "Can I use this in my 72 hr. kit?" Especially with clothing. Always think about updating your clothing in your kits.

## **Important Documents**

[Copied and laminated]

1. Will
2. Insurance Policies – Property, Health, and Life
3. Passports
4. Social Security Cards
5. Immunization Records
6. Birth Certificates
7. Marriage Certificates
8. Death Certificates
9. Prescriptions
10. Photo I.D.
11. Bank and Credit Card Account Numbers
12. Inventory of valuable and household goods
13. Important telephone numbers including an out of state contact that every family member knows.