

72 Hour Kit for Emergency Preparedness

This is a list of items to store in a 72 hour kit so a family can be prepared in case of an emergency.

Directions: Print this list and check off each item that has been put into your 72 hour kit.

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, Turkey, Beef, 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 sleeved shirts, pants, jackets, socks, etc.)
- Undergarments
- Rain Coat/Poncho
- Blankets and Emergency Heat Blanks (that keep in warmth)
- Cloth Sheet
- Plastic Sheet

Fuel and Light

- Battery Lighting (Flashlights, Lamps, etc.)
Don't forget batteries!
- Extra Batteries
- Flares
- Candles
- Lighter
- Water-Proof Matches

Equipment

- Can Opener
- Dishes/Utensils
- Shovel
- Radio (with batteries!)
- Pen and Paper
- Axe
- Pocket Knife
- Rope

Personal Supplies and Medication

- First Aid Supplies
- Toiletries (roll of toilet paper- remove the 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
- Genealogy Records
- Patriarchal Blessing
- Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts, etc)
- Vaccination Papers
- Insurance Policies
- Cash
- Credit Card
- Pre-Paid Phone Cards

Miscellaneous

- Bag(s) to put 72 Hour Kit items in (such as duffel bags or back packs, which work great)
Make sure you can lift/carry it!
- Infant Needs (if applicable)

Notes:

1. Update your 72 Hour Kit every six months (put a note in your calendar/planner) to make sure that: all food, water, and medication is fresh and has not expired; clothing fits; personal documents and credit cards are up to date; and batteries are charged.
2. Small toys/games are important too as they will provide some comfort and entertainment during a stressful time.
3. Older children can be responsible for their own pack of items/clothes too.
4. You can include any other items in your 72 Hour Kit that you feel are necessary for your family's survival.

http://lds.about.com/od/preparednessfoodstorage/a/72hour_kit.htm