

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 Canned Juice
- Candy/Gum (warning: using mint gum might make everything taste like mint.)
- 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.

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