

72-Hour Kit (Idea List)

Make a copy of this list for each person for whom you will be preparing a 72-hour kit. Write one person's name at the top of each separate list. Go through the list and highlight each item you wish to insert in that individual's 72-hour kit. Remember! Each person has different needs, so no two kits will be alike. Also, you may choose to not include a pocket knife in the kit of a young child...etc... Once you have determined which items to include, find a suitable container to hold the items (backpack/roller-duffle combo bags are my preferred choice). Select a bag that will only be used for this purpose, and not emptied when the family goes on a weekend trip etc. Also try to place items in the kit that will not be taken out for other needs. Place whatever highlighted items you have at home in the kit, cross each item off as they are put into the kit. The remaining highlighted items are now your shopping list. Use this list in conjunction with your budget to determine how many items you can afford to buy each month to add to your kit. Once each highlighted item is placed in your kit, your 72-hour kit is ready. Print a list of your highlighted items and place it in your bag for future reference.

Light

- Candle (36 hour 3 wick survival candle works well) (Dinner candles burn out too quickly)
- Flashlight & Extra Batteries & Bulbs (Head mount style keeps hands free)
- Chemical Light sticks (12 hour one time use)
- Lantern fluorescent area light
- Consider solar or crank style to save on batteries.

Heat

- Matches in a Waterproof Container (Strike Anywhere or Windproof/Waterproof)
- Second method to start a fire (Lighter, Flint/Steel, Magnifying Glass, Batteries/Wire/Fine steel wool, Etc...)
- Hand and body warm packs

Water

- Method of Water Purification (Tablets, Means of Boiling Water, Bandana, Bleach, Water Purifier [Not just filter])
- Water carrier/storage bag (use with water treatment tablets)
- Water (At least 3 day supply per person) (1 gallon (Preferably 2 gallons) per day; 2 qts. drinking, 2 qts. washing/cooking/sanitation)

Shelter

- Tube tent
- Wool Blanket or Sleeping Bag
- Emergency reflective blanket
- Rain gear (Poncho) (Preferably one with Grommets and Rope) (Grommet is a Doughnut shaped rivet commonly seen on tarps for attaching ropes)
- Tent/shelter
- Reflective emergency blanket heavy-duty 5' x 7' (Space Blanket)
- Plastic Sheeting 8'x 8'(Tarp, wind break etc)

Communication

- Radio & Extra Batteries or Radio with alternate power sources (Solar/Crank)
- Whistle
- Signal Mirror (Use an AOL CD)
- Bright Color Trail Tape
- Cellular Phone
- Paper, pencil, Spanish-English Dictionary
- Pocket TV, Public Safety Scanner, CB, Two-Way Radios
- Prepaid Phone Card, Pre-stamped Postcards
- Portable HAM Radio (License Required)
- Aerial Flares, Road Flare, Smoke Signal
- List of Important Phone Numbers

Hygiene

- Bath Wipes; Moist Towelettes
- Personal hygiene items, Feminine supplies
- Toilet paper, towelettes
- Cotton-Tipped Applicators [Q-Tips]
- Tissue Pack
- Toothbrush, Toothpaste
- Comb, Brush; Hair Accessories, Hair Spray; etc...
- Deodorant, Lotion, Make-Up, Soap
- Medicine dropper
- Plastic Bucket with Tight Lid, Plastic Garbage Bags & Ties, Disinfectant
- Portable toilet, Lime powdered (sanitation, disease, odor control)
- Razor, Shaving Cream
- Insect Repellent

Clothing

- Change of Clothing and Sturdy Shoes or Work Boots
- Hat and gloves, Thermal Underwear, Warm Clothing
- Hat, Sun Block
- Sunglasses

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Food/Cooking

- Food (High energy, pre-cooked, ready-to-eat) (Stress/Comfort Foods)
- Small stove, fuel, aluminum cup/bowl
- Mess kit, or paper cups, plates, and plastic utensils
- Non-Electric Can Opener (GI Issue P-38 or on Knife)
- Fishing Kit (Mini-M&Ms tube or Film Canister [Storage and Bobber] w/ line wrapped on the outside.) various sized hooks, 10 lb test line, rubber bands, various size sinkers, sewing needle, waterproof emery paper to sharpen hooks.
- Aluminum Foil
- Cookware/utensils, Cutlery
- Soap, liquid detergent, Washing Liquids, SOS Pads, Spray Bottle
- Freezer Bags (Assorted Sizes)
- Funnel

Tools

- Duct Tape
- Dust Mask (N95 or better)
- Earplugs
- Folding shovel
- Hard hat, Reflective Vest
- Hatchet or Axe, Multi-use Survival axe
- Knife with sturdy blade
- Pry bar 24"(opens doors in earthquakes)
- Rope (50 Ft. Parachute Cord)
- Saw (Bow, Folding Pruning, Wire)
- Scissors
- Sewing Kit (Pocket Size)
- Shut-Off Wrench, to turn off household gas and water (not in kit)
- Super Glue, Tape
- Swiss Army Knife or Leatherman Tool
- Work Gloves, Pliers, Screw Driver (Flathead & Phillips), Wrench (Adjustable), Wire
- Zip Ties
- Grease pencil or Magic Marker (for marking off dangerous areas)
- Carabiners (Clips to hold loose items or child's pack to your own)
- Plastic storage containers

Money, Documents & Direction

- Binoculars
- Camera [One Time Use]
- Cash, traveler's checks, change
- Charge Card/ATM Card (duplicates)
- Community map with marked evacuation routes
- Emergency preparedness manual
- Evacuation Plan.
- List of Regroup Locations
- GPS System W/ Batteries (Locations of Home, Friends, Regroup Locations)
- Important Family Documents: Will, insurance policies, contracts deeds, stocks and bonds, Passports, social security cards, immunization records, Bank account numbers, Credit card account numbers and companies, Inventory of valuable household goods, important telephone numbers, Family records (birth, marriage, death certificates).
- Insurance Cards
- List of kit contents
- Map of the Area (for locating shelters or your regroup locations), Road Maps, Local Topographical map
- Compass
- Photos of Family Members- (Up-to-date)

Miscellaneous

- Bag, container, backpack to carry supplies
- First Aid Kit & First Aid Manual
- Games, books, hard candy, inspirational reading. For children: small toys, paper and pen, favorite security items
- Battery Backup
- Kids comfort Items
- Scriptures, Hymn Book
- Spare Keys (Lock the house on your way out)
- Special Need Items, Infants, Elderly, Disabled, Prescription Meds., Eyeglasses or Contacts & Solution
- Pet Needs