

## Organize a 72 – Hour Pack

If you were directly threatened in your location by such things as being in the path of a tornado, flash flood, gas leak, chemical spill, or neighborhood fire and were required to evacuate, you would need a 72-hour pack. This is a mobile personalized pack prepared that can be picked up in a moment's notice as you leave your home.

The contents should be scaled to the number of people it is for.

Container: Old suitcase, Tub, duffel bag, Backpack, Burlap bag, Heavy shopping bag.

4 hour tub candles: The can or tub candles burn safer than other types, and are better preserved if left sealed.

Emergency blanket: The metalized plastic "space blankets" can be life savers. They are well worth the investment.

Box of water proof matches: Something to light the candles with. Disposable (butane) lighters can leak over time, and require to be warmed up in extreme cold. Lighters can be stored in addition to the matches.

Tube tent with rope (2-man capacity): Some place to sleep when all else fails

Lightweight plastic poncho: Well worth the investment, they have many uses, including catching rainwater for drinking.

Collapsible cup: Many uses not just for drinking.

Roll of TP: You know what it's for. Sealed in a zip lock bag, and good for other tissue uses.

Camper's trowel: Very useful tool for building campfire pits, and other digging needs.

Shovel: Important in areas with lots of snow or mud.

Knife: A Swiss army knife, a Leatherman knife, or similar is a very useful tool.

Whistle: A Signaling device that can make a lot of piercing noise, regardless of the health or size of the individual.

Change of clothing: Packed in a watertight container, like a zip lock bag.

Plastic bags, large and small: Large Plastic bags can be used for many things, keeping Firewood dry, Strategically placed holes can make a poncho.

Water \*: 1 Gallon per person, Durable non-breakable containers

Water filter or purification tablets \*: Purification tablets, are compact inexpensive and effective, they leave a bad taste in the water though. Filters are more bulky but have infinite shelf life.

Pocket first aid kit \*: A must have in any emergency, if only for peace of mind. A good first aid booklet can be a life saver at the right time.

18-Hour hand and body warmers \*: Chemical packs that provide enough heat to save fingers from frostbite.

Cylume light stick \*: 2 hours of bright light, and 10 or so hours of dull illumination, good for signaling, and just getting by. Used extensively by hunters and outdoorsmen. The safest kind of illumination to use in a earth quake, or gas emergency.

Personal Identification \*: Information that will be helpful or necessary to deal with banks, or government. Drivers license etc. A photocopy of your wallet contents can expedite replacing lost ID or paperwork.

Flashlight with batteries \*: Keep the batteries in a separate pouch so they can be replaced easily, and if they leak they will not harm the flashlight. Hand held generator flashlights are good for momentary illumination.

AM/FM radio with batteries \*: Battery operated radios can keep you in contact with emergency news, and music can be a calming and soothing aid to a stressful situation. As with the flash light, the batteries should be kept separate.

Emergency contact info \*: Who would you call or contact after a emergency? Such as relatives, family, church, friends. How about emergency services such as police, fire, and others.

Personal hygiene supplies: Soap, Toothpaste \*, Toothbrush, comb, sanitary supplies, Moistened towelettes \*.

\* Perishable items that should be reviewed or replaced biannually. Hand crank flashlights and radios are now available. Lithium batteries have the longest shelf life.

## 72 Hour kit optional items

Additional items that you can have in your kit that may be useful in your particular situation

Food \*: Obtain a three – day supply of food requiring no refrigeration and no cooking. Try to consider the food pyramid in your selection. Select foods before hand that you can eat cold, and don't cause you any distress. Some hard candy is ok. A small package of vitamins. Foods should be canned or in silver Mylar bags. Pick vermin resistant packaging. Remember a can opener.

Baby's and children's special needs \*: Diapers, formula, ointment, dry formula, bottle, pacifier, Teddy bear.

Personal medications \*: Prescriptions, Aspirin, and allergy pills, Sting kits, Inhaler, Heart medications, Contact lens drops, etc.

Financial resources \*: Having cash on hand can help you during an emergency and to get by until you get back on your feet. Bank info, credit card, and phone numbers can be sources of emergency capitol. (Used wisely)

Sleeping bags: A Sleeping bag should be rated to 0° Fahrenheit. Packing a pillow, or just a pillowcase can provide a great deal of comfort.

Sun block: This is important when spending any extended time in the sun, summer or winter, It can save you from sunburn. Pick the waterproof variety, and make sure that you don't have any sweat trouble.

Insect repellent: Nothing quite so distracting, and annoying as being nibbled on while your trying to do something important.

Road map: A map can help you find alternate routes to where you need to go. Flooding and mud and other disasters can put some routes out of use.

Reading matter: A Bible, Book of Mormon, can be helpful calming reading in a time of need.

Paper, pencil: Pencils don't dry out, Grease pens, and crayons can be useful also.

Travel games, deck of cards, etc.: Something to pass the time and distract from the situation and wait. It keeps peoples minds from fermenting.

Tarp: A clear plastic sheet can provide ground cover, and shelter in many conditions.

Bucket with plastic liners: This can be used as a waste disposal, and can be covered to keep out the wildlife. An important sanitation need.

Aluminum foil: This can be used in campfire cooking. Wrapping food and many other uses.

Nylon Cord, surgical tubing, or bungi cords: Useful for setting up tents and tarps. Setting splints and other first aid needs. Cloth lines, tying down loose items. Keeping a traveling group together.

Sewing kit: Good for repairing damaged clothing, and assembling scraps into shelter if necessary.

Safety pins: An extremely useful aid when dealing with fabric. Repair of rips and tears become trivial, and can hold blankets or bandages in place. A simple sling can be made with a safety pin.

Electricians tape: Visible, strong and sticky. Designed for electrical repair.

Duct tape: Water resistant, sticky, and useful for repair.

Clothes pins: For drying clothing, tarps and other uses.

Disposable cooking and eating utensils: More sanitary than eating with your hands, and can be cleaned with much less water than ones hands.

Bailing wire: Good for repair and temporary fixes of exhaust on cars, tie down a fenders, hoods or other parts, or other areas needing strength or conductivity.

Collapsible Canteen: Water is important to many needs, and a canteen can provide the storage necessary for these needs.

Scout's field book: Filled with many survival tips, and camp improvisation ideas.

Snake bite kit: Important for those who live in areas with poisonous animals.

First aid manual: A guide to help others when situations get dangerous. Memorize this if you can, but for most there is nothing like having the book handy.

\* Perishable items that should be reviewed or replaced on a biannual basis. ID and financial information should be kept up to date as it changes.