

72 Hour Emergency Kit Contents Checklist

Notes:

- Update the kit every 6 months (put a reminder on your calendar) to check food and medication expirations and that documents are all up to date.
- Small toys, games, cards are important to pack as they will provide comfort / distraction and entertainment during a difficult time.
- Include other items which are important or necessary for your family's survival.

Food & Water: Pack a three day supply per person with no refrigeration or cooking.

- Granola bars
- Trail mix
- Dried fruit
- Crackers
- Cereal
- Canned tuna, beans, Vienna sausages etc.
- Canned juice
- Candy, gum
- Water (1 gallon per person)

Bedding & Clothing (check sizes on growing children)

- Short and long sleeve shirts
- Undergarments & socks
- Raincoat or poncho
- Blankets
- Cloth sheet
- Plastic sheet

Fuel & Light

- Battery type lighting
- Extra batteries
- Flares
- Candles
- Lighter
- Water-proof matches

Miscellaneous

- Bag or duffel for this kit
- Infant needs (if applicable)

Equipment:

- Can opener
- Dishes / utensils
- Shovel
- Radio (batteries!)
- Pen & paper
- Axe
- Pocket Knife
- Rope

Personal Supplies & Medication

- First Aid supplies
- Toiletries TP (remove cardboard TP tube to flatten more easily), feminine hygiene, wet ones, toothbrush & paste
- Care Items: hair brush, hand sanitizer, soap, shampoo, dish soap
- 3 day supply of prescription medication
- Over-the-counter medication (Tylenol, Motrin, Tums, etc)

Personal Documents & Money

- Scriptures (miniature ones work great)
- Genealogy records
- Copies of religious records
- Copies of legal documents (marriage, death, wills, passports, contracts, deeds)
- Copy of immunization papers
- Copy of insurance papers (life, auto, home, apartment)
- Copies of Credit Cards & numbers
- Pre-Paid phone cards & emergency telephone numbers
- Cash (coin and bills)

*Giant zip-lock bags work great

* Avoid pop-up cans if in extreme heat conditions.