

72 Hour Emergency Kit (adapted from Rachel Woods)

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! (Keep separate)
- ☐ Extra Batteries
- ☐ Flares
- ☐ Candles
- ☐ Lighter
- ☐ Water-Proof Matches

Equipment

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

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, hand towel, 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!)

- ☐ Small notebook filled with emergency numbers, neighbor/family addresses and phone numbers, emergency evacuation information, etc. Under stress you may forget!
- ☐ 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.