

72 Hour Kit Checklist

Food & Water (rotate every 6 months)

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, Fruit, Turkey, Vienna Sausages, etc. (MRE Food Pouches are lighter in weight)
- Juice / Protein Shakes (can or pouch like Slimfast but without all of the sugar. They are full of protein, vitamins and minerals.)
- Candy / Gum
- Water (1 Gallon/4 Liters Per Person, Per Day!)
- Pet Food & Water



Bedding & Clothing

- Change of Clothing (short and long sleeved shirts, pants, jackets, socks, underwear, etc.)
- Rain Coat/Poncho
- Emergency Heat Blankets
- Sleeping Bag
- Tent
- Sleeping Pad (important for insulation from cold ground)
- Cold Weather Gear – (Coat, gloves, hand warmers, etc...)
- Pet bedding, leash, crates, carriers, etc...



Equipment

- Can Opener
- Dishes/Utensils
- Shovel
- Radio (with batteries or crank!)
- Pen and Paper
- Pocket Knife: Leatherman or Gerber Tool.
- 50 Foot Nylon Rope
- Whistle
- Wrench or Pliers to turn off utilities
- Duct Tape & Plastic Sheeting to “Shelter-in-Place”
- Dust Mask



Personal Supplies & Medication

- Toiletries (roll of toilet paper- remove the center tube to easily flatten into a zip-



lock, feminine hygiene, folding brush, etc...)

- First Aid Kit / Supplies
- Sanitation Supplies (mini hand sanitizer, soap, garbage bags, etc.)
- Immunizations Up-to Date
- Medication (Acetaminophen, Ibuprofen, children's medication etc.)
- Prescription Medication (for 3 days)
- Glasses/Contacts

Fuel & Light

- Lighting (Flashlights, Lamps, etc.) Don't forget batteries if it's not a crank!
- Extra Batteries
- Flares
- Candles & Lighter
- Water-Proof Matches



Personal Documents & Money

Place these items in a waterproof container!

- Scriptures
- Contact information of family & friends.
- Temple Recommend (make sure it's in your wallet when you leave.)
- Copies of Legal Documents: Birth/Marriage Certificates, Wills, Vaccination Papers, Passports, Contracts, Insurance Policies, Bank Info, Genealogy, Pet, etc...)
- Cash: \$50-\$100 in small bills and \$10 in quarters.
- Credit Card
- Pre-Paid Phone Cards
- Extra Car & House Keys
- Pictures of Family



Games & Entertainment

You'll want to keep just a few things in your kits to keep yourself and kids entertained.

- Books: Reading, Coloring...
- Crayons, Pencils & Paper
- 1-2 Board Games & Puzzles
- Favorite stuffed animal



Miscellaneous

- Bag(s) to put 72 Hour Kit items in (such as duffel bags or backpacks, which work great) Make sure you can lift/carry it!
- Infant Needs (if applicable.)

Remember, you can always add more to your Kit!

Tip 1: Your Kit should be in a portable, easy to lift and carry, container located near an exit of your house.

Tip 2: Each family member should have their own 72 hour kit with food clothing and water. Distribute heavy items between kits.

Tip 3: Keep a light source in the top of your kit so you can find it quickly in the dark.

Tip 4: Inspect your 72 hour kit at least twice a year. Check Medication, check children's clothing for proper fit, and check expiration dates on batteries, light sticks, warm packs, food and water.