

# 72 Hour Emergency Kit

By Rachel Woods, About LDS Guide, <http://lds.about.com>

## Notes:

- Update your kit every six months (put a note in your calendar/planner) to make sure that: all food, water, and medication are fresh (not expired), clothing fits, personal documents and credit cards are up to date, and batteries are charged.
- Small toys/games are important too as they will provide some comfort and entertainment during a stressful time.
- Older children can be responsible for their own pack of items/clothes too.
- You can include any other items you feel are necessary for your family's survival.
- Some items and/or flavors might leak, melt, "flavor" other items, or break open. Dividing groups of items into individual Ziploc bags might help prevent this.

## Food and Water

(3 day supply of food & water per person when no refrigeration/cooking is available)

- Protein/Granola Bars
- Trail Mix/Dried Fruit
- Crackers/Cereals (for munching)
- Canned Tuna, Beans, Meat, Vienna Sausages, etc ("pop-top" cans might leak/explode & Jerky can "flavor" other items)
- Canned Juice
- Candy/Gum (Jolly ranchers can melt & mint gum might "flavor" other items)
- Water (1 Gallon/4 Liters per person)

## Bedding and Clothing

- Change of Clothing (short and long sleeve shirts, pants, socks, jackets, etc.)
- Undergarments
- Rain Coat /Poncho
- Blankets and Emergency Heat Blankets
- Cloth Sheet
- Plastic Sheet

## Fuel & Light

- Battery Lighting (Flashlights, Lamps)
- Extra Batteries
- Flares
- Candles
- Lighter
- Water-Proof Matches

## Miscellaneous

- Bag or Bags to put 72 hour kit items in (such as duffel bags or hiking back packs, which work great)
- Infant Needs (if applicable)

## Equipment

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

## Personal Supplies & Medication

- First Aid Supplies
- Toiletries (roll of toilet paper—remove center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, etc)
- Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc. Warning: Scented soap might "flavor" food items.)
- 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!)

- Scriptures (miniature ones are lighter)
- Genealogy Records
- Patriarchal Blessing
- Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts)
- Vaccination Papers
- Insurance Policies
- Cash
- Credit Card
- Pre-Paid Phone Cards