

# 72-hour Kit

Your 72-hour kit is a collection of necessities that can sustain your life for at least 72 hours and should accommodate your own personal wants and needs. It is also preferably waterproof. It should be transportable, preferably on your back or shoulder, so that you have your arms and hands free, but a suitcase, box, or garbage can will do if nothing better can be found. The following is a suggested list of items for your kit. Items with an asterisk (\*) are optional. The others are deemed essential.

## FOOD / COOKING

- matches or a fire starter
- eating utensils (washable or discardable)
- mess-kit or some other form of plate, cup, & pot
- water in a unbreakable container (canteen)
- non-perishable foods in unbreakable containers (MRE's, canned, dry packaged, or freeze dried)
  - 3 meat portions
  - 3 fruit portions
  - 3 vegetable portions
  - 3 milk portions
  - \* ½ lb. rice or dry pasta
  - \* 8 - 10 bullion cubes
  - \* 3 sugared drink mixes
  - \* 3 hot chocolate, coffee, or tea bags
  - \* individually foil wrapped sugar cubes, hard candies, or chocolate bars
  - \* peanut butter
  - \* unsalted crackers
  - \* cereal
  - \* seasonings (salt, pepper, sugar, ketchup, etc.)
  - \* infant, diabetic, or other special foods
- \* water purification tablets (iodine / Halazone)
- \* brillo pad for cleanup
- \* paper towels or napkins
- \* Sterno, alcohol, or other cooking fuel
- \* small cooking stove  
(If using full menu MRE's you do not need cooking fuel.)
- \* can opener (if using canned food)
- \* dish-soap in a small non-breakable container
- \* fishing line, hooks, worms, and sinkers
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## MEDICAL

- small first aid kit including:
  - \* first aid book
  - \* thyroid blocking agent (potassium iodide)
  - \* special medications (allergies, diabetic, etc.)
  - \* snake bite kit
  - \* extra pair of eye glasses or contacts
  - \* aspirin, Tylenol or other pain reliever
  - \* EMT sheers
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## CLOTHING

- 1 complete change of clothing including:
  - 2 pair socks or thick stockings
  - sturdy long pants
  - long sleeve shirt or blouse
  - thick gloves
  - undergarments
  - \* brimmed hat
  - \* extra pair of sturdy shoes
  - \* 4 - 5 bandannas / large handkerchiefs
  - \* light-weight rain poncho
  - \* sewing kit with assorted safety pins
  - \* goggles
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## SANITARY

- roll of toilet paper wrapped in plastic
- hand soap and container
- bath and/or hand towel
- 8 - 10 coffee filters or water filters
- 4 - 5 large trash bags
- \* 4 - 5 small trash bags
- \* toothbrush and container
- \* toothpaste
- \* laundry detergent and container
- \* clothes pins
- \* scrub brush
- \* toiletry bag
- \* small unbreakable mirror
- \* deodorizer / disinfectant (bleach or borax)
- \* 2 - 3 pairs of rubber or surgical gloves
- \* 2 - 3 dust masks
- \* shampoo
- \* comb or brush
- \* feminine hygiene items
- \* shaving razor
- \* disposable diapers for infants or seniors
- \* pre-moistened towelettes
- \* cleaning solution for contacts
- \* newspaper for wrapping waste
- \* ½ lb. of lime for waste treatment
- \* plastic bag ties or closures
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## SHELTER

- sleeping bag or blanket(s)
- \* tube tent with 25 feet of nylon rope or some other form of light weight tent
- \* plastic ground cloth
- \* emergency space blanket
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## OTHER

- a backpack, box, suitcase, garbage can, or some other container to hold everything
- identification
- small battery powered am radio
- map of Utah and host area or possible relocation site
- \* extra shoe laces
- \* 25 feet nylon cord or rope
- \* wire saw
- \* hatchet, small axe, or machete
- \* hunting knife
- \* small shovel
- \* 1 - 2 flares
- \* insect repellent
- \* needle-nosed pliers with cutting edge
- \* adjustable crescent wrench (for turning off gas mains)
- \* flashlight
- \* extra batteries
- \* 2 - 3 light sticks
- \* 6 - 8 candles
- \* compass
- \* whistle
- \* straight razor blades
- \* air mattress or bed roll
- \* aluminum foil
- \* Xerox copies of insurance policies and other legal papers
- \* photos of self and family members with names, ages, hair, and eye color printed on back
- \* important phone numbers and addresses (include an out-of-state contact person)
- \* money (at least enough in quarters to make an out-of-state phone call to your out-of-state contact)
- \* some kind of diversion (ball, chess set, cards, crochet, book, crayons, toys, etc)
- \* pencils and markers
- \* blank paper
- \* duct tape
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note: The food items on the previous page are the same portions for adults and children alike. In a crisis situation, most adults consume much smaller portions while children and pregnant women consume much larger portions than normal. Although you may want to buy out the supermarket and put it in your 72-hour kit, don't ! All items considered here should be in small (72-hour) quantities. Your kits should include familiar foods that you do and would actually eat. Also your food should not require a lot of water, refrigeration, or preparation, so canned foods and MRE's are better than dried foods. Food in your kit should be high in calories and nutrition and also suit your unique tastes, desires, and needs. Nursing mothers should consider liquid formula in case they are unable to nurse. Remember to keep everything as light weight as possible so that you can carry this kit at least two miles. Remember, water is always scarce in emergencies. If you wish to double up on something, double up on water.