

# 72 HOUR EMERGENCY KIT

The following emergency preparedness kit list has been taken from several other lists all combined together. Your kit should be kept cool, dry, and readily accessible for rapid exit. It could be stored in easy to carry backpacks, duffle bags, suitcases, or 5 gallon buckets. Include a master list in the top of each kit with date prepared. Be sure to date everything that is perishable in your kit and keep it updated. If you would like to customize a 72 hr. kit, go to [www.shelfreliance.com](http://www.shelfreliance.com).

## Water

2 gallons per person per day ( min. 2 liters)  
Portable Water Filtration System  
Water Purification Tablets or Chlorine bleach

## Equipment

Adjustable wrench - hammer - pocket knife  
Alcohol stove for warmth  
Back pack stove with fuel & or buddy burner/Sterno  
for cooking & warmth  
Battery powered radio ( extra batteries) or  
combination radio/flashlight/charger ( hand crank)  
Can opener  
Family tent or tube tent  
Fire starter Kit  
Folding shovel ( tent trench digging, waste  
disposal, etc.)  
Garbage bags, Duct Tape, & Rope 1/4" X 26' to 36'  
( Good for shelter, tent repair, & misc.)  
Hand & Foot Warmer Sets  
Light sticks and or flashlight and batteries  
Flashlights for the head are good for doing night  
First Aid if needed to free the hands  
Mess kit and utensils & or metal cup, pan, can or  
small tin pail  
Plastic Sheeting- 2 sheets each being 9' X 12'  
( shelter, ground cloth & water collection)  
Whistle -1 per person  
Work Gloves ( Leather is best)

## Food for 3 days

Beef jerky, Canned meats ( chicken, tuna, spam)  
Candy & gum  
Canned foods ( chili, pork & beans, ravioli, soup,  
spaghetti, & stew) & canned juice  
Cereals ( oatmeal, cracked wheat, & sweetened)  
Crackers & Cookies  
Dry soup mix & Ramen Noodles  
Dried fruits & raisins  
Granola bars, nuts, trail mix  
M.R.E.s ( meals ready to eat)  
Peanut butter & honey  
Powdered milk and or cocoa mix  
Fruit roll ups  
Vitamins

THIS KIT BELONGS TO: \_\_\_\_\_  
EMERGENCY CONTACT: \_\_\_\_\_  
INVENTORY RE-EVALUATION DATES: \_\_\_\_\_

## Clothing/Bedding

Extra pair of shoes  
Newspaper/ground cloth  
One or more changes of underwear ( also thermals)  
One pair of sweats per person  
Rain poncho  
Space blanket or space sleeping bag and or regular  
sleeping bag  
Three pair of socks ( at least one being wool)  
Warm gloves, and or mittens and a warm hat

## Personal Hygiene

Chapstick, lip balm, and or Blistex  
Comb, brush, shampoo & misc. hair needs  
Deodorant  
Feminine hygiene needs  
Insect repellent, sun screen, & lotion  
Mirror ( small)  
Liquid soap, wash cloth, & towel  
Nail clippers, nail file, emery board  
Shaving supplies  
Toothbrush, toothpaste, & floss

## Sanitation

Airtight bucket or porta pottie  
Bleach, disinfectant, & wet wipes  
Gloves ( 6 or more pair of the rubber type)  
Large & small zip lock bags  
Liquid Gold ( commercial product for liquefying  
waste products) Nilogel is also a great product.  
Newspaper to dispose of waste  
Trash bags or toilet liners & ties  
Toilet paper

## Stress & Morale Boosters

Ball, crossword puzzles, paperback book, cards  
Disposable camera, Scriptures  
Hard candy, chocolate chips ( be careful about melting)  
Harmonica, needlework, pictures  
Paper, Pencils, Crayons, Markers, Colored Pencils etc.

## Other

Extra Credit Card, eye glasses, car keys  
Money-\$25 to \$100 in small bills - Also \$10 in coins  
Prescription Medications, Dust & germ masks  
Valuable Documents ( Copies) ..Deeds, mortgage, titles,  
insurance, wills, home contents & pictures, social security  
numbers, drivers license or ID cards, birth cert., account  
numbers, genealogy, current pictures of family members,  
name, address, & telephone number of out of state  
contact, other phone numbers. ( Could be put on a 3 1/2"  
computer disk, CD, or flash drive.

FIRST AID KIT LIST ON THE BACK OF THIS SHEET