



72-Hour Kit (Adults)

Every emergency agency in the country recommends having a 72-hour kit available to grab-and-go in an emergency. Be sure to update your kit every six months to a year, depending on the items you have in it. Include food you know you will eat and items that can keep you busy during times of inactivity. Be mindful of storing items that might leak, melt, or affect other items in your bag if they leak or break open (Ziploc bags might help with this problem.) Attach a tag to the kit or bag with your name, phone number(s), a tag to remind you to grab your prescriptions/medicines, and a tag to grab your emergency binder. Depending on the needs of you and/or your family, items you could include in your kit:

- Water for at least three days (1-4 gallons per day), water purifiers and water purifier bottles (like Berkey Sport Bottles)
- Food to last for at least three days: MRE's (Meals ready to eat); hot and cold ready to eat food packages; freeze dried fruits and vegetables; and candy, gum, jerky, fruit snacks, raisins, fruit leather, granola bars, peanuts, crackers, etc.
- Aspirin, Aleve, Ibuprofen, Vitamin C, cold remedies, Essential Oils, etc., antacids (for upset stomachs)
- Axe/shovel combo
- Baggies (all sizes)
- Batteries (all sizes-rotate yearly)
- Bible/Scriptures
- Bee sting & bite kit
- Blanket--solar is thinner
- Pillow
- Bleach (household chlorine--nonscented)
- Books
- Bung wrench/Gas shut off wrench
- CASH-small bills/coins (if we lose power, ATM's won't work; credit/debit cards won't work)
- Can opener (non-electric)
- Canned stove
- Candles/glow sticks
- Cards or small games to play
- Chapstick/lip balm
- Chargers in case we have electricity
- Coats/Jackets/Sweaters/Extra Clothes & Shoes
- Coffee Pot, pitcher, container
- Cooking pot, griddle or fry pan
- Cooking stove of some kind/fuel/fire starter/striker
- Compass
- Contact lenses & supplies
- Cotton Swabs/Kleenex Tissues
- Disinfectant
- Duct tape
- Emergency sewing kit
- Fingernail clippers/nail file
- Fire extinguisher
- First Aid Kit
- Hand Warmers
- Flashlights (preferably solar or crank); don't forget batteries (store batteries outside the flashlights to keep them fresh)
- Garbage Bags
- Glasses (extra pair of eye glasses)
- Gloves/latex or non-latex
- Hair brushes/combs
- Hats, gloves/scarves
- Headlamp
- Hearing Aid, plus batteries
- Imodium/Anti-Diarrhea medicine
- Instant milk (chocolate would be good as well)

- Ipecac (check with poison control if possible)
- Hot pads, dish towels/rags/dish soap
- Lanterns/compact lights
- Latex/Non-latex gloves
- Masks N-95 minimum
- Matches (waterproofed)
- Mess Kits
- Mirror
- Scissors
- All Purpose Knife
- Mosquito Spray
- Personal Hygiene (tampons , pads, feminine supplies, etc.)
- Post It Notes/pencils/pens/crayons
- Radio/crank and or battery type (pack batteries)
- Rain Poncho
- Rope
- Safety pins, several sizes
- Shaving cream, shavers (disposable)
- Solar lights
- Sunglasses
- Temporary toilet and bags
- Thermal Underwear
- Thermometer
- Toilet Paper, shampoo, hand soap, baby wipes and hand sanitizer, deodorant, toothbrushes, toothpaste, tweezers
- Tools
- Tent(s)
- Umbrella
- Utensils, plates, cups, silverware to cook and eat with
- Vaseline
- Wet wipes-lots...they might be our only shower
- Whistles, Walkie Talkies, (test before you need them for distance) like Motorola Talkabout 2-Way Radios #MR350R/

FRS/GMRS Radio (22 channels, 121 privacy codes, 2662 Combinations)

- NOAA Weather radio
- Work Gloves

REMEMBER, you would need a truck to "haul" all of these items, so check off one item at a time and pick the items that meet you and/or your family's needs. These are IDEAS...just start collecting a little at a time.

Put all the things that need to be rotated together in baggies. This way you just GRAB a bag and switch out the outdated items.