

Emergency 72 Hour Kit

This is a list of suggested items you could put in your 72 hour kit and put in a duffle bag or other portable container.

- Water: 1 gallon per person, per day

- Food: Minimal or non-cook, light weight, palatable food
 - Camp Stove
 - Can Opener
 - Cooking and eating utensils
 - Sierra cup (used as cup/bowl/pan)
 - Paper plates or mess kit
 - Salt/Pepper

- Clothing:
 - One change of clothes
 - Extra shoes
 - Rain Gear
 - Adequate winter wear
 - Hat
 - Hand warmer
 - Umbrella

- Bedding:
 - Sleeping Bag
 - Blanket
 - Pillow

- Hygiene:
 - Toothbrush, toothpaste, floss
 - Feminine hygiene
 - Infant care: diapers, wipes, etc.
 - Comb and/or brush
 - Deodorant
 - Fingernail file/clippers
 - Shampoo/Conditioner
 - Kleenex
 - Small mirror
 - Razor
 - Lip Balm

- Medical:
 - Personal medication (for 2 weeks)
 - First aid kit/handbook
 - Glasses/contacts, cleaning solution
 - Vaseline
 - Sun screen
 - Dust mask
 - Consecrated oil (LDS)

Shelter: Tent or tarp
Nylon rope (100 feet)

Tools: Pocket knife
Small tools (pliers, hammer, screw driver, etc.)
Ax or hatchet
Pointed shovel
Work gloves
Duct tape, masking tape
Rubber bands
Safety pins

Light: Flashlights
Batteries
Candles
Matches and/or lighter

Communication: Radio
Batteries
Cell phone
Calling card
Whistle

Fuel: For cooking and light

Important Papers: (Put copies of these in a small strong box that is water and fire proof that you can carry with you)

Wills
Stocks
Securities
Titles
Certificates
Insurance policies
Current family pictures
ID cards
Family records
Inventory of household items
Pencil and paper
Maps
Addresses
Phone numbers
Emergency manual
Car and house keys