

Sheri's 72 Hour Kit Contents

(For better or worse, this is a listing of the supplies in my kits)

****72 hour kits should be called 120 hour kits.** Recent events have shown that it will take outside help 5 days to arrive following a wide spread disaster. Make sure you are prepared to take care of yourself for 5 days without outside help.

This is a suggested list of items for a survival kit – take into consideration the special needs of each member of your family including pets.

I suggest packing your kits in a rolling backpack or rolling duffle bag. This makes it possible to carry it on your back if needed but having the option to pull it behind you if you don't have to carry it. I have a kit for each member of my family that has everything they need. I also have a family kit that has larger sizes of certain items and some “bonus” items.

Family Plan – This needs to include phone numbers (both in state and out of state contacts) and meeting places (both near your home and outside your neighborhood).

Water – It is suggested you have one gallon per person per day – this would be seriously heavy and take up a lot of space. In my kits I have **2 (20 oz.) bottles of water, water pouches** (4 oz. Capri Sun look alike pouches) and a **water filter**. In my family kit I have a large **Sawyer water filter**.

Food – I have a few different options for food in each of my packs. I try and think about several different scenarios where it might be used. I have a meal replacement **high calorie bar**, some **MRE's** or **dehydrated food** and some easy **ready to eat food** that can be eaten without any cooking or heating. Depending on what food you have in your pack you need to pay attention to how long it will store. My ready to eat food has about a six month shelf life so it needs to be changed often. Hot Chocolate, oatmeal packets, tuna fish packets, salt and pepper, hard candies, beef jerky, etc. are some options.

Cooking Equipment – I have a **cube stove** and fuel in each kit. In my family kit I have a **JetBoil** with fuel. Cube stoves are super small and pretty inexpensive. JetBoil's are awesome but a little big and expensive for individual kits. **Butane stoves** would also be a good option for family kits. A **metal mess kit** that includes a **cup** and eating **utensils** will be needed. Get a **can opener** if you need one for the food you have packed.

Fire – **Flint and steel, storm proof matches, a lighter**, etc.

Clothing – Make sure you have a **change of clothes** including **shoes**. In a perfect world you would change out the clothes in your packs every six months to fit the seasons. In my world I pack sweats for everyone, that way if we grow a little bit they stretch and if its summer, a pair of scissors can cut them down to summer wear☺!

*I saw a suggestion to buy clothes for 72 hour kits at the thrift store.

*I did have feedback from the Herriman fire evacuees that they needed real clothes in their 72 hour kit because they had to go to work etc. They were living in a situation where everyone wasn't living out of their 72 hour kits. So make your best guess on what you want to pack.

*One of the best suggestions I have for 72 hour kits is to pack all clothes, shoes, coats, hats, etc. in **space bags**. Clothes are so bulky and space bags not only save on space but it keeps items dry.

Winter Wear – Rain **poncho, winter gloves, winter hat, coat** if you have room in your kit

Shelter and Bedding – **Tent** or **tarp** – I have a **tube tent** and **ground cloth** in each of my kits and two larger tarps in my family kit. I have a couple of **emergency blankets** and **emergency sleeping bags** in each of my kits along with **hand warmers**. **100 feet of rope** is a good idea. If you have additional room I would pack a **blanket** or small tent.

Light – My **flashlight** of choice for 72 hour kits is the “Torch” by GoalZero. I have some inexpensive crank flashlights in my individual kits but they are a killer on the hand muscles. If you store a flashlight that needs **batteries** don't store the batteries in the flashlight and make sure you swap out the batteries when needed. **Candles** are also a good choice. I like **light sticks** for kid's packs, the dark can be very scary in a foreign place. **Clip on lights** for the brim of a hat is handy.

Hygiene – **Toothbrush, toothpaste, floss, chapstick, feminine hygiene items, comb, brush, deodorant, fingernail clippers, shampoo, conditioner, Kleenex, small mirror, razor, soap, baby wipes, Purell (PureWorks), sun screen, wash cloth, DoubleDoodie bags, small shovel, N95 mask, and latex gloves**

Communication – **Radio** with batteries, **crank cell phone charger, GoalZero solar panel, and whistle**

Medical – **First Aid kit, first aid book, BurnFree packets, personal medication, glasses, contacts, cleaning solution, and consecrated oil**

Tools – **Knife** (my boys like the Bear Grylls ultimate survival knife) in most of my kits I just have a **pocket knife, duct tape, work gloves, shovel, ax or hatchet** (I only have a hatchet in my family kit), basic **tool kit**

Misc – **Compass, Infant care** (diapers, wipes, formula), **sewing kit, money** (at least \$50 in small bills), **stress relief items** (card games, book, yoyo, hacky sack, harmonica, crayons and coloring book), **maps** of surrounding areas, **trash bags, pet supplies, pencil and paper**

Important Documents – **Birth Certificates, current family photos, marriage license, wills, insurance documents, credit card info, stocks, titles, inventory of household items, phone numbers, and addresses**