

# MAKE A 72-HOUR KIT IN 12 STEPS



## 1: BEDDING

- sleeping bag (in trash bag)
- blanket (in trash bag)
- emergency reflective blanket



## 2: SHELTER

- tent (lightweight)
- tarp 9 x 12 (for family)
- nylon rope, 50 ft.



## 3: CLOTHING

- sturdy shoes (keep near kit)
- coat (keep near kit)
- 2 tops (long & short sleeve)
- underwear 2
- socks 2
- pants
- mittens
- hat (cap or beanie)
- bandana (for sun & dust mask)
- rain poncho or large trash bag



## 4: PERSONAL HYGIENE ITEMS

- toilet paper (in baggie)
- feminine items (in baggie)
- extra glasses or contacts
- shampoo, lotion, body wash
- travel toothpaste/brush
- deodorant
- lip balm
- razor
- pocket hand sanitizer
- bug repellent packets
- sunscreen packets
- cleansing or baby wipes
- pocket tissues
- washcloth
- brush/comb/mirror (folding set)
- INFANTS (food in diaper bag)**
- diapers
- baby wipes
- plastic bags for dirty diapers



## INSTRUCTIONS

- Focus on one step at a time to spread the cost.
- Purchase container(s) last to get the right size.
- Group like items in baggies to quickly find, replace, and prevent water damage.
- Put list of contents near top of each container.
- Lightweight; YOU or child needs to lift/pull unassisted.
- Infants? Use a large diaper bag you update already.
- Update kit every 6 mo.; food, clothing, batteries, etc.
- Store kit in coat closet by door or under your bed.

**Remember: Grab & Go! Not Hunt, Lug & Go.**

## 5: ACTIVITIES

- motivational talk
- word games
- cards
- small toys
- notepad & pen or pencil (journal?)



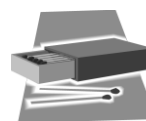
## 6: FOOD & WATER

- 3-day supply food (Millenium food bars have 5 yr shelf life, *Emergency Essentials*)
- 3 gallons of water (put some in pack; additional amount in another container; *Can't live without water!*)



## 7: FOOD PREP

- cup (enamelware, check Walmart)
- spoon
- napkins or a few paper towels
- matches or lighter (in baggie; odor)
- multi-tool pocket knife w/scissors



## 8: EMERGENCY ITEMS

- radio/cell phone charger (crank/solar)
- flashlight w/batteries
- whistle
- work gloves
- mini first aid kit
- needles and thread
- hand/foot warmers (winter)
- 3 trash bags (for sanitation)



## 9: IMPORTANT PAPERS

- copy of important papers & ID
- emergency phone list
- detailed area map
- copy of prescriptions
- family photo



## 10: MONEY

- cash in small bills (\$1, \$5, \$10)
- to buy supplies, hotel, gas



## 11: CONTAINER IDEAS

- backpack, carry-on w/wheels, duffle bag, tote, 5 gal. bucket



*YOU need to lift containers unassisted*

## 12: MORE EMERGENCY SUPPLIES

*Put in additional totes*

- water filtration bottle
- water purification tablets
- mess kit
- foil
- more trash bags
- paper towels, small roll
- camp stove, small folding
- fuel tablets (in baggie, odor)
- matches (in baggie)
- small cooking knife
- manual can opener
- dish soap or camp soap, small bottle
- disinfectant, small bottle of
- first aid booklet
- folding shovel
- hatchet
- whet stone
- Duct tape
- pliers and wrench
- crowbar/prybar
- water container to refill at evacuation shelter; jug with spout or bucket.