

My 72-hour kit checklist

This kit is prepared for: _____ Updated: _____

Tips to Remember: Rotate your perishable kit items every 6 months; Get your entire family involved in the process so that they know what the kits are for and how to use them; Include a checklist with each kit so that you know exactly what each kit contains; And finally, when your kit is done, stuff any empty spaces with extra food (you will need all the energy you can get in an emergency situation).

food & water

You need a 3-day supply of food and water per person. Use items that require no refrigeration and no/minimal amounts of cooking (be sure to have cooking equipment in your kit if the food requires it). Keep energy and nutrition in mind since you're going to need BOTH to get through an emergency. Here are some recommended items:

- Protein/ Granola Bars
- Dried Fruit/ Trail Mix
- Crackers/ Dry Cereal
- Beef Jerky
- Ready-To-Eat Canned Foods:
 - Canned Soups & Chili (no water needed)
 - Beans
 - Meats (Tuna, Chicken, etc.)
 - Canned Spaghetti
 - Other: _____
- Freeze-Dried Meals (the cook in a pouch variety)
- Canned Juice
- Candy/Gum
- Water (1 Gallon per person)
- Water Purification Tablets
- Special Consideration Foods (i.e. baby food, formula, food for diabetics, etc.)
- Other: _____
- Other: _____

fuel & light

- Flashlight
- Extra Batteries
- Waterproof Matches
- Candles
- Lighter
- Flint & Steel
- Flares
- Light Sticks
- Propane and/or Butane Fuel Can
- Starter Logs (the mini kind)
- Other: _____

bedding & clothing

- At least one change of clothing per person (preferably something to keep you warm and something to keep you cool)
- Undergarments
- Sturdy Walking Shoes
- Several Pairs of Socks
- Hat/ Visor
- Flip-Flops
- Rain Coat/ Poncho
- Blankets and/or Emergency Heat Blankets
- Cloth Sheet
- Plastic Sheet
- Special Consideration Clothing (i.e. diapers, wipes, baby hat, bibs, etc.)
- Other: _____

equipment

- Can Opener
- Dishes & Utensils (and baby items, if needed)
- Utility Knife (like a Leatherman or Swiss Army)
- Nylon Rope
- Duct Tape
- Radio (with extra batteries or hand-crank)
- Folding Shovel
- Axe
- Rubber Mallet
- Small Stove (for cooking and/or boiling water)
- Solar Shower
- Compass
- Whistle
- Trash Bags
- Sewing Kit
- Heavy Working Gloves
- Dust Mask
- Waste Disposal Equipment (i.e. bags or enzymes)
- Other: _____
- Other: _____

personal supplies & medication

- First-Aid Supplies/ Kit
- Toilet Paper
- Toiletries
 - Toothbrush
 - Toothpaste
 - Deodorant
 - Comb/Brush
 - Other: _____
 - Other: _____
- Cleanliness Supplies
 - Soap
 - Shampoo
 - Hand Sanitizer
 - Dish Soap
 - Laundry Detergent
 - Hygiene Wipes
 - Other: _____
 - Other: _____
- Feminine Hygiene Products
- Medications
 - Prescription Medications (3-day supply)
 - Acetaminophen (like Tylenol)
 - Ibuprofen
 - Aspirin
 - Antacids
 - Anti-Diarrhea
 - Anti-Itch Cream
 - Aloe/Burn Relief
 - Children/Infant Medicines
 - Other: _____
 - Other: _____
- Extra set of reading/prescription glasses, hearing aid, or other vital items
- Insect Repellent
- Sunblock
- Chapstick
- Latex Gloves
- Instant Ice Packs
- Special Consideration Items (baby items like diaper rash cream, teething gel, baby powder, etc.)
- Other: _____
- Other: _____
- Other: _____
- Other: _____

personal documents & money

Put these items in a waterproof baggie or container.

- Cash (recommend \$100, in small denominations, in each kit)
- Emergency Credit Card
- Pre-Paid Phone Card
- Legal Documents
 - Birth Certificates
 - Marriage Certificate
 - Will
 - Copy of Passport
 - Copy of Car Title
 - Other: _____
- A Copy of Your Identification
- Proof of Residency (or a copy of)
- Important Phone Numbers
- Copy of Your Evacuation Plan
- A Local Map
- A List of Important Accounts, Account Numbers, Etc.
- Insurance Policies
- Scriptures
- Patriarchal Blessing
- Genealogical Records
- Vaccination Records
- Other: _____
- Other: _____

Miscellaneous

- Boy Scout Manual
- Disposable Camera
- Games/Activities
- Book to Read
- Extra Keys to House and Car
- Paper and Pen
- Scissors and Tape
- Additional Special Consideration Items (i.e. pacifiers, baby toys, etc.)
- Other: _____
- Other: _____
- Other: _____
- Other: _____
- Other: _____
- Other: _____