

# Assembling a 72 Hour Kit:

## Food and Water

(A three day supply of food and water, per person, when no refrigeration or cooking is available)

- Protein/Granola Bars
- Trail Mix/Dried Fruit
- Crackers/Cereals (for munching)
- Canned Tuna, Beans, Turkey, Beef, Vienna Sausages, etc.
- Canned Juice
- Candy/Gum
- Water (1 Gallon/4 Liters Per Person)

## Bedding and Clothing

- Change of Clothing (short and long sleeved shirts, pants, jackets, socks, etc.)
- Undergarments
- Rain Coat/Poncho
- Blankets and Emergency Heat Blanks (that keep in warmth)
- Cloth Sheet
- Plastic Sheet

## Fuel and Light

- Battery Lighting (Flashlights, Lamps, etc.) Don't forget batteries!
- Extra Batteries
- Flares
- Candles
- Lighter
- Water-Proof Matches

## Equipment

- Can Opener
- Dishes/Utensils
- Shovel
- Radio (with batteries!)
- Pen and Paper
- Axe
- Pocket Knife
- Rope

## Personal Supplies and Medication

- First Aid Supplies
- Toiletries (roll of toilet paper- remove the center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, etc.) Toothbrush and tooth paste, hand towel, deodorant.
- Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc.)
- Immunizations Up-to Date
- Medication (Acetaminophen, Ibuprofen, children's medication etc.)
- Prescription Medication (for 3 days)

## Personal Documents and Money

(Place these items in a water-proof container, laminate, or put in a large zip lock bag.)

- Scriptures
- Genealogy Records
- Patriarchal Blessing
- Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts, etc)
- Vaccination Papers
- Insurance Policies
- Cash & Coins
- Credit Card
- Pre-Paid Phone Cards

## Miscellaneous

- Bag(s) to put 72 Hour Kit items in (such as duffel bags or back packs, which work great) Make sure you can lift/carry it!
- Infant Needs (if applicable) diapers, formula, baby food, wipes etc.
- Large Tarp & Duct tape could create a shelter anywhere.
- Sleeping bag if possible

**Notes:** Update your 72 Hour Kit every six months (put a note in your calendar/planner, you could use April & October Conference Saturday) to make sure that: all food, water, and medication is fresh and has not expired; clothing fits and is seasonally appropriate; personal documents and credit cards are up to date; and batteries are charged.

1. Small toys/games (play dough, crayons, paper, uno cards) are important too as they will provide some comfort and entertainment during a stressful time.
2. Older children can be responsible for their own pack of items/clothes too.
3. You can include any other items in your 72 Hour Kit that you feel are necessary for your family's survival.
4. ALL FINISHED!?!???? Don't forget to make a 72 hour car kit, not all disasters happen at home. Use this list to assemble your Emergency Car Kit. Have a kit in all of your cars.
5. Hey, remember your college kids, encourage them to assemble kits for their use.

## POSSIBLE WEBSITES FOR BUYING SUPPLIES:

[www.beprepared.com](http://www.beprepared.com)    [www.LifeSecure.com](http://www.LifeSecure.com)  
[www.EtonCorp.com](http://www.EtonCorp.com)    [eemergencypreparedness.net](http://eemergencypreparedness.net)  
[http://lds.about.com/library/bl/preparation/72\\_hour\\_kit.pdf](http://lds.about.com/library/bl/preparation/72_hour_kit.pdf)

**ANN WINN HAS A LIST OF  
ITEMS THAT CAN BE  
PURCHASED  
COMMERCIALY. CONTACT  
HER WITH YOUR  
QUESTIONS:**

**295-9310.**

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