

Emergency Preparedness and 72-Hour Kits

ApproachingReady.com



NOTES & INSTRUCTIONS:

- Purpose: to sustain you and family for the first 3 days of an 'interruption', while in place or moving to other locations.
- Preparation: use checklist. Review, update, rotate – every 6 months. Stay “ready-to-go”.
- Essentials: pack only what you need and are willing and able to carry! Do a “shake-down” and re-think, eliminate and reduce. What you pack you carry - for whatever distance necessary! Practice.
- New normal: adjust expectations. e.g. sponge bath, pre-prepared / no-cook foods, no or little extra clothes (unless wet or need warmth), etc.
- Strategy: Based on plan and circumstances. Consider levels of readiness and contingencies such as: walking/hiking/vehicle, alone or w/ group, “bug-in”, “bug-out”, supplies at destination, adults/children/pets, season & weather, health and fitness and ages, skills, etc. Plan & prepare to pick up items along the way: tinder, water, edible plants, etc.
- Redundancies: more than one method for core essentials such as water preparation/acquisition, warmth, food, light, etc.
- Lightweight: choose low weight, small and carry-ability. Dry foods, mini & small re-packaged items, small cans. Smaller children can carry smaller bags. Embellish and expand for vehicle travel “bug-out”.
- Packing & travel: use pack frames, back packs, fanny packs that allow walking/hiking and simple organization. Organize contents in smaller bags/containers within, by category. Protect from water. Consider rolling bags, deer cart, handcart, wagons if appropriate for terrain, weather, circumstances, etc. Use tubs, bins, duffle bags, suitcases for vehicle travel.
- Consider one-off items for group carry (not everyone or every bag needs hatchet, tent, stove, tools, etc.)
- Optional items are determined by circumstance, health, weight, distance, walking vs vehicle, etc. Prioritize by need for safety, weather, sleeping/shelter, water storage/carry, entertainment, etc.

Food and Water

- Water boxes/pouches (plus any water that can be carried, 1 gal/person/day)
- Water filter and purification methods, including boiling, tablets, coffee filter, bleach (eye-drop bottle, seal in bag)
- Canteen, plastic water carry/storage
- Bowl/utensils (multipurpose, pie-plate, plastic ‘spork’)
- Metal cup/bowl for warming food/water
- Drink/Rehydration mix – Gatorade, lemonade, Tang, etc.
- Pre-prepared foods: protein/granola bars, dried fruit, jerky, freeze-dried foods, Pop Tarts, MREs, etc.

- Canned Foods: stew, chili, chicken, tuna, Vienna sausage, spaghetti (small cans)
- Fishing kit
- Edible plant guide
- Salt/pepper packets
- Hard candy
- Pet food
-

Shelter, Clothing, Bedding

- Clothing: consider weather/seasons; think layers
- Feet: hiking/walking shoes, socks
- Rain poncho, lg plastic bags, sm umbrella
- Sleeping bag/blanket, reflective Mylar blanket
- Plastic sheet, ground cloth
- Small tent, tarp, hammock
- Infant care (diapers, wipes, bottles)
- Gloves (leather, warm, etc.)

- Hand warmers
- Cloth sheet, hand towel, washcloth
- Dry bag

Fuel & Light

- Small flashlight, headlamp, light sticks, solar lantern
- Waterproof matches, fire starter, butane lighter, magnesium fire striker, magnifying glass
- Lightweight stove & fuel source: alcohol burner, fuel pellets, etc.
-

Equipment

- Can opener – military
- Duct tape, tin foil
- AM/FM Emergency Radio
- Batteries (radio, flashlight)
- Zip ties – various sizes

- Plastic bags: Zip-lock, trash, garbage, shopping
- Safety pins, sewing kit
- Rope, paracord and /or bungee cords
- Tools: pliers/wire clippers, screw driver, camp shovel, hatchet, pocket knife, multi-tool, mini-saw, pocket chainsaw, carabiner & belt clips, hunting knife
-

Personal, Health, Safety

- Sm First-Aid kit & guide *
- Feminine / infant hygiene
- Hand-sanitizer, small bar soap
- Rx & OTC meds, child/adult: Tylenol, aspirin, ibuprofen, cough drops, etc.
- Vision: glasses, eye drops, contacts/case/solution, sunglasses, safety goggles
- Dental: floss, toothbrush, toothpaste, toothpicks
- Masks, bandana, N95 dust mask

- Vinyl gloves
- Wipes, moist towelettes, Clorox wipes,
- Comb/hairbrush/razor
- Lotion, hand & moisture
- Toilet paper
- Hat, beanie, and sunscreen
- Chap stick, lip balm
- Bug repellent & after-bite care
- Nail file, clippers, Q-tips, hair clips/bands
- Neck cooling wrap
- Compass & map
- Mirror, personal & signal
- Safety whistle & lanyard
- Pepper spray, handgun / ammo
-

Documents, Money, Etc.

Tip: Protect with Ziploc bag, sheet protector etc.

- Emergency cash
- Contact list: addresses, phone #'s
- Medical history, medication list

- Personal / family photo
- Pen, pencil, notebook, black marker
- Pre-paid phone card
- Scriptures – mini
- Consecrated Oil
- Copies of passport, identification, legal docs
- Insurance policies (health, property, auto)
- USB drive with important documents/files
- Cell phone and solar charger
-

Optional – to consider:

- BaoFeng BF-F8HP radio
- Binoculars, small
- Entertainment: card games, small toys, etc.
- Single use camera (to document)
-

Tip: Print list for each backpack/bucket/ person/car-bin. To organize and track, assemble each in a box or bin first, highlighting in yellow each item as you place in box/bin. Assume if you're 'bugging out' by vehicle that you will also take the backpack. You don't need multiple of the same items in both personal backpack and car bin. Therefore, cross off your car-bin list the items that are placed in personal backpack. Place finished list in backpack/bin so you can review, rotate, update, etc.

* First Aid Kit – Expanded

Note: Expanded kit – one per group (customize items based on need, circumstances, skills, health history, etc.)

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • First-Aid & Emerg guide/manual • Absorbent pad • Ace bandage • Alcohol wipes • Anti-allergy - Benadryl • Anti-diarrhea - Imodium A-D • Band-aids – varying sizes • Bug repellent • Burn cream • Butterfly bandages • Cough drops • CPR Shield • Thermometer, digital • Earplugs | <ul style="list-style-type: none"> • Gauze pads and rolls - sterile • Gloves, latex • Hand sanitizer • Hydrocortisone ointment • Instant ice pack • Israeli bandage • Moleskin • Nail clippers & nail file • Neosporin triple antibiotic ointment • OTC pre-packaged meds: Tylenol, Advil, Aspirin • Petroleum jelly • Potassium iodide tablets | <ul style="list-style-type: none"> • Q-tips • QuickClot • Sam splint • Scissors - small • Steri-strips • Tampons & feminine pads • Tongue depressor (finger splint) • Tourniquet • Towelettes, moist & antiseptic • Triangular bandage • Tweezers • Waterproof adhesive / paper tape |
|--|---|--|

Resources: *

[Self Reliance: How to Make a Go-Bag](#)

[How to Prepare a 72-Hour Kit Checklist for Emergency Preparedness](#)

[What We Should Know About Food Storage](#)

[72-Hour Emergency Kit](#)

[Emergency Food Supply Kits](#)

[Bug out Bag Packing](#)

[FEMA Emergency Supply List](#)

[Bug Out Bag Guide](#)

[Ultimate Bug Out Bag List](#)

[Vehicle 72-Hour Kit](#)

*There is no financial or vested interest in any of these websites or their products or links. This is a sampling of information and resources available on the internet.