

72-hour Kits Stepwise

What you choose to place into your emergency kit, or 72-hour kit, is determined many factors over which you may have little or no control. Considerations might include:

- What is the nature of the disaster and how long is it expected to last?
- How much advanced notice will you have to get your kit together?
- Will you be sheltering-in-place or evacuating?
- If you are evacuating
 - How will you be traveling? On foot? In a vehicle? Other?
 - If you are walking, how much weight can you carry for an extended period?
 - Will you have access to water and sanitation?
 - What supplies or equipment will you have access to?

Below is a plan that consists of a basic kit (Kit A) and several smaller additions. Kit A contains basic, essential items, is lightweight and easy to carry. The other kits (Kits B, C, and D) are various sizes and weights and contain additional items which add comfort, flexibility and useful equipment/supplies, allowing you to quickly choose a kit to fit the current situation.

Kit A

For basic survival only

minimum amount of food and water
 very lightweight - easily carried for long distances
 can be grabbed quickly when time to evacuate is very short

Container: Medium sized backpack and vest

Food: Datrex Bars, gum, hard candies Water: minimum amount for survival only Prescription Medications: for 5 days Light Source: Flashlight and extra batteries Clothing: Cotton, layers, socks, shoes, hat, gloves, bandana Poncho, sunglasses, lip balm, sunscreen, insect repellent	First Aid Kit - small Multi-tool and knife Maps, compass, whistle Rope, firestarter Paper, pencil Survival blanket
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Purse and/or wallet: credit cards, ATM card, pre-paid phone card, keys (vehicles, home, etc.), health insurance cards

Personal care items: wipes-whole body and face, toothbrush/paste, Kleenex or toilet tissue, comb, soap sheets or flakes

Personal safety items: mask, goggles, extra glasses/sunglasses, hand sanitizer

Emergency contact information: includes family, utilities, police, fire, ambulance, church

Emergency plan

Tools: wrench and pliers to turn off utilities

Cash: small bills and coins

Communications: radio, cell phone, ham radio (charger or extra batteries for all)

Personal protection

Copies of Important documents: includes insurance and wills – place in ziploc bag
 may also be scanned onto flash drive and/or stored electronically at a remote location

Kit B

Better nutrition and comfort

heavier than Kit A

limited in distance it can be carried due to weight

Container: Large backpack and vest

Everything in Kit A

Food: add MREs with heaters and more snacks

Water: 1 Gallon per person/day and flavor packets

Mess Kit: eating utensils, dishwashing detergent

Personal Care: soap, shampoo, towel, washcloth, brush, extra tissue

Tube tent and additional bedding

Communication: hand-held tv

Kit C

for survival situation

enhanced supplies

heavy – may require wheeled backpack or cart

Container: Largest backpack, vest, knapsack

Everything in Kits A and B

Food: Freeze dried foods

Water: Water filter/purifier

Backpacking stove with fuel

Hatchet and large Knife

Cooking utensils: pots, pans, flatware

Waterproof matches/flint

Larger tent, sleeping Bag/pad and/or ground cover

Kit D

Additional items for sheltering-in-place

to sustain you until situation at home stabilizes

Container: Covered plastic container (kept in pantry or closet)

Everything in Kits A, B and C

Food items

Foods that need little or no preparation (canned food); comfort foods; snacks

Extra Water

Light Source: candles, lanterns

Extra Batteries

Can opener

Paper plates, cups, flatware, paper towels

Toilet tissue

Plastic and tarps

Duct Tape