

JASE MEDICAL

HOW TO BUILD AN INEXPENSIVE 72-HOUR KIT

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INTRODUCTION

No matter where you live, natural and manmade disasters are common and just waiting to happen.

You may have to leave in the middle of the night because of a wildfire, storm, flooding, or any other emergency.

The 72-hour pack is designed to get you and your family to a secure place of safety. It isn't meant to be a long-term solution.



WHEN PUTTING TOGETHER YOUR 72-HOUR PACK, CONSIDER THE FOLLOWING:

AGE

The young and elderly may need someone to help carry their supplies.

ABILITY AND DISABILITIES OF EACH PERSON

Very young children will not be able to carry all that they need on their back. Someone else will need to be responsible for most of their supplies. *If physically disabled and unable to carry a backpack, a pack on wheels is an option.*

HEALTH CONDITIONS

Such as diabetes or heart disease.

PHYSICAL ABILITY

How physically fit is each person? If you are dealing with a small child, are they able to carry some of their gear, or will you or another member of the family packing their gear?

GEOGRAPHIC AREA AND WEATHER

Natural disasters you are most likely to experience.

WELL-FITTING BACKPACKS

Fill the backpacks with the 72-hour supplies and have each family member check for fit and comfort. In addition, practice wearing on long walks and hikes, adjust so that the weight is mostly on hips.

TYPE OF PACK DEPENDS ON THE ABOVE ANSWERS.

PACKING LIST

our third-party product recommendations are unbiased and uncompensated, ensuring the focus is solely on your preparedness needs.

☐ WATER

Water is very heavy, but very necessary. Carry at least 2 bottles of water per day per person, along with a portable water filtration device. Look for one that filters viruses, bacteria and chemical pollutants, [like this one](#).

☐ FOOD

Prepackaged, ready to eat food that doesn't require heating or preparation. Lara bars, oatmeal bars, dried fruit, fruit in a cup, etc.

☐ RADIO

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert.

☐ PLASTIC SHEETING

Zip ties and duct tape (to shelter in place).

☐ FLASHLIGHT

Or preferably a headlamp (frees hands) with extra batteries.

☐ HAND WARMERS

Rechargeable hand warmers (with cord and plug) or single use hand warmers.

☐ MULTI TOOL

This tool is a valuable addition to your 72 hour kit. It has eating utensil, saw, knife blade, etc. Pack one in each bag.

☐ WHISTLE

Whistle on lanyard (to signal for help).

☐ SAFETY GEAR

Dust mask and safety glasses



PACKING LIST

CONTINUED

☐ SANITATION

Moist towelettes, garbage bags and plastic ties (for personal sanitation)

☐ MAPS

Local maps- laminated if possible.

☐ CELL PHONE

Cell phone with chargers and a backup battery.

☐ DISINFECTANT

Hand sanitizer and disinfectant wipes.

☐ PRESCRIPTIONS

Prescription medications! Jase Case and at least 2 weeks of chronic prescription medications (if applicable).

☐ PET PREPS

Pet food and extra water for your pet.

☐ MEDICINE

Over the counter medications- pain relievers, anti-diarrhea medication, antacids or laxatives.

☐ EYEWEAR

Prescription eyeglasses and any other assistive devices (extra).

☐ INFANT SUPPLIES

Infant formula, bottles, diapers, wipes and diaper rash cream.

☐ CASH

In small bills, at least \$100.

☐ DOCUMENTS

Copies of insurance policies, identification and bank account records saved electronically (USB stick) or in a waterproof, portable container.



PACKING LIST

CONTINUED

☐ SLEEPING BAG

Look for one that is lightweight and water resistant.

☐ SLEEP MAT

A inflatable camping sleep mat will provide comfort and help you avoid hypothermia if you need to sleep on the ground .

☐ CLOTHING

Complete change of clothing appropriate for your climate and sturdy shoes.

☐ FIRESTARTER

Matches or lighter in a waterproof container.

☐ PERSONAL HYGEINE

Feminine supplies and personal hygiene items.

YOUR 72-HOUR KIT WILL SERVE AS A VITAL RESOURCE TO BE PREPARED FOR THE UNEXPECTED!





 **jase**
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