### JASE MEDICAL

# HOW TO BUILD AN INEXPENSIVE 72-HOUR KIT

by Brooke Lounsbury, RN





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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.

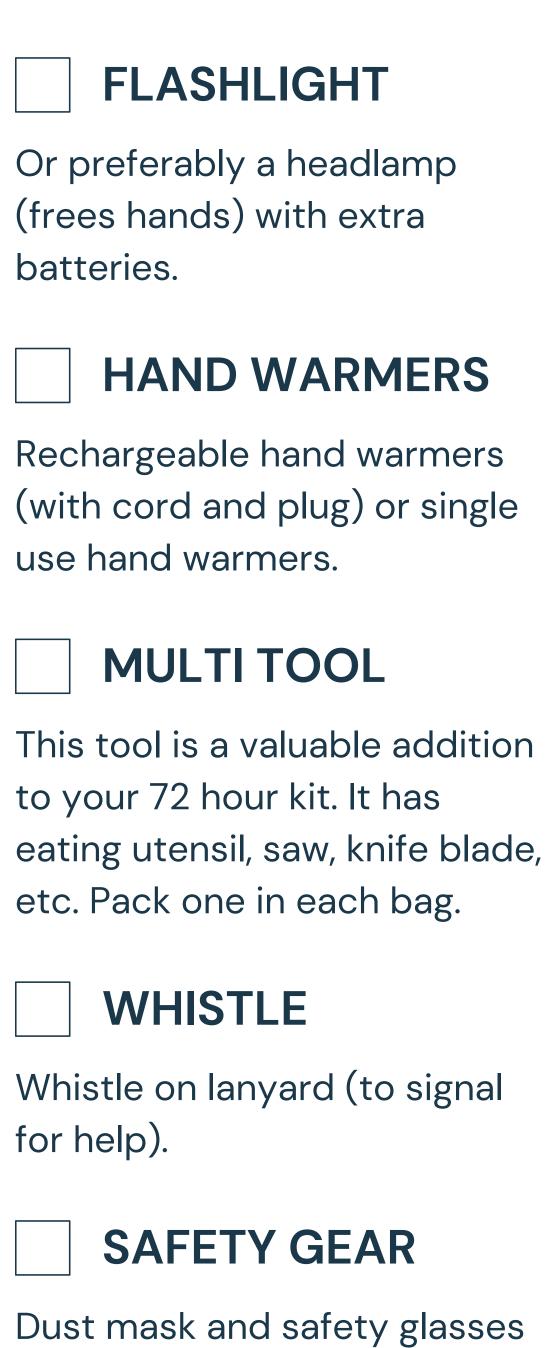
## PACKING LIST

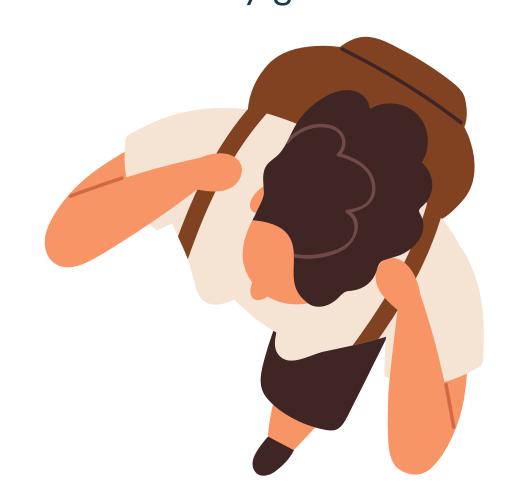
our third-party product recommendations are unbiased and uncompensated, ensuring the focus is solely on your preparedness needs.

## 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, <u>like this one</u>. **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).





## PACKING LIST

#### CONTINUED

SANITATION	MEDICINE
Moist towelettes, garbage bags and plastic ties (for personal sanitation)	Over the counter medications- pain relievers, anti-diarrhea medication, antacids or laxatives.
MAPS  Local maps- laminated if	EYEWEAR
possible.	Prescription eyeglasses and any other assistive devices
CELL PHONE	(extra).
Cell phone with chargers and a backup battery.	INFANT SUPPLIES
DISINFECTANT	Infant formula, bottles, diapers, wipes and diaper rash cream.
Hand sanitizer and disinfectant wipes.	CASH
PRESCRIPTIONS	In small bills, at least \$100.
Prescription medications! <u>Jase</u>	DOCUMENTS
Case and at least 2 weeks of chronic prescription medications (if applicable).	Copies of insurance policies, identification and bank account records saved
PET PREPS	electronically (USB stick) or in a waterproof, portable
Pet food and extra water for your pet.	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!



