








72-Hour Kit Supply List

This list of recommended items is not necessarily comprehensive or required. Use it as a guideline to create your own kit. You might add items you feel important and / or delete items to meet your needs.

Sample Picture	Product Name	Sample Picture	Product Name	Sample Picture	Product Name
	Poncho with Hood for rain		Pliers – for turning off utilities		Complete or basic - First Aid Kit with medicine
	Emergency Survival Sleeping Bag		Duct Tape – to “shelter-in-place”		Shovel – to dig sanitation holes
	Body Warmers to keep you warm		Plastic Sheet – “shelter-in-place”		Flashlight and extra batteries
	Tube Tent and regular blanket or sleeping bag		Dust Mask (N95)		Waterproof Matches
	Swiss style Army Knife (with can opener)		Leather Palm working Gloves		Lighter
	FM Radio w/ AAA Batteries		Roll of Toilet Paper in Ziploc Bag		30 Hour Emergency Candle
	Pen & Pad of Paper for notes		Hygiene Kit - Tooth Brush & Paste, Wet Wipes & feminine items		24 Hour Light Stick
	60 Foot Nylon Rope		Mini Hand Sanitizer		Food Bars – High in calories and don’t need to be cooked.
	Survival Whistle to signal for help.		Garbage Bags and ties for sanitation.		Water Boxes – great for travel and on the go.
See Children, Pets & Car Kits on Back!		More information on www.Ready.gov			Backpack to store your supplies. Don't make it too heavy!

Additional Things I need in my 72 Hour Kit

Food & Water (rotate every 6 months) A 3 day supply of food & water, per person, when no refrigeration/cooking is available.

- Snacks for munching
- MRE Food Pouches – for tasty meals, are lighter in weight than cans.
- Juice / Protein Shakes (can or pouch like Slimfast but less sugar. Full of protein, vitamins and minerals.)

Bedding & Clothing

- Change of Clothing (short and long sleeved shirts, pants, jackets, socks, underwear, etc.)
- Sleeping Pad (insulation from cold ground)
- Cold Weather Gear



(Coat, gloves, blanket...)

Personal Supplies & Medication

- Feminine Hygiene, folding brush, Hair Ties.
- Immunizations Up-to Date
- Medication (besides Non-aspirin tablets & Ibuprofen.)
- Prescription Medication (for 3 days)
- Glasses/Contacts

Light & Fuel

- Flares
- Extra set of AAA Batteries for Radio
- Gasoline for your car.

Personal Documents & Money


- Contact information & Pictures of family & friends.



- Copies of Legal Docs: Birth/Marriage Certificates, Wills, Vaccination Papers, Passports, Contracts, Insurance Policies, Bank Info, Genealogy, Pet, etc...
- Cash: \$50-\$100 in small bills and \$10 in quarters.
- Credit Card to your Bank
- Maps
- Pre-Paid Phone Cards
- Extra Car & House Keys

Games & Entertainment

Keep just a few to keep yourself & kids entertained.

- Books: Scriptures, Reading, Coloring... 
- Crayons, Pencils & Paper
- 1-2 Board Games & Puzzles, Stuffed Animals.