

The 72 Hour Emergency Kit

This kit consists of basic supplies, food and water, first aid and clothing.

1. Water 3 gallons minimum per person

2. Basic Supplies

Flashlight, D cell with extra batteries	Portable radio with extra batteries
Fire extinguisher	Utility shutoff wrench
Swiss type pocket knife	Duct tape
Matches	Light sticks
Candles	Emergency or space blankets
Wool blankets	Plastic sheeting
Tarp and 50 feet nylon rope	Eating utensils and tin cups
Paper cups	Plastic buckets
Garbage bags and ties	Toilet paper
Campstove and extra fuel	Tri-fold shovel

3. Food (Select readily available items which appeal to all members of family. Items should be low salt content, especially soups. Assemble sufficient food stuff for nine meals and high energy snacks. Rotate stock every six months.)

Instant coffee and tea	Hot chocolate instant mix	Canned juices
Energy bars	Granola bars	Tuna fish
Chow mein	Stew	Spam
Spaghetti w/mushrooms	Rice	Sugar
Flour	Pancake mix	Butter buds
Applesauce	Peanut butter and jelly	Unsalted crackers
Mixed Seasonings	Multiple vitamins	
Canned soups (multi-bean, minestrone)		

4. Clothing (Comfortable, durable items for each person)

Long sleeve wool shirt	Tee shirt	Denim pants
Heavy shoes	Raingear	Hat
Gloves	Scarf	Three sets underwear
Three pair socks		

5. Personal (Separate kit for each person)

Bar of hand soap	Liquid detergent	Hand towel
Tooth brush and gel	Shampoo	Tissues
Brush and comb	Disposable razor	Towelettes
Hand mirror	Sewing kit	Medications
Spare glasses		

6. First Aid (see Page 2)