72 Hour survival Kit

Food & Water
Water: 1 gallon/person
Water purification tablets/bleach
Protein/granola/power bars
Canned meats (tuna, etc.)
Dried fruit, dried soup
Nuts, crackers
Dry cereal
Canned juice
Comfort/Stress foods (candy/gum)
Non-electric can opener

Bedding & Clothing
Change of clothes (according to season)
Emergency poncho
Emergency blanket
Sleeping Bag or blanket
Tarp (light weight)
Travel or Inflatable pillow
Sturdy pair of gloves

Fuel & Lighting
Flashlight with extra batteries
Glow sticks
Candles (long burning)
Lighter
Waterproof matches
Hand/body warmers

Equipment
Mess Kit/Dishes, plates, cups and 
Utensils 
Metal drinking cup 
Shovel 
Radio with extra batteries or hand  
Cranked 
Pen and paper  
Pocket knife/multi-purpose tool  
Rope (50feet) 
Plastic bags (4) 
Duct tape 
Aluminum foil  
Portable stove (sterno) 

**Personal Sanitation & Medication**
First Aid kit 
Toilet paper/towelettes 
Toiletry kit 
Hand sanitizer 
Soap/shampoo 
Dish soap 
Medication 
Anti-diarrhea, Antacid, Syrup of Ipecac, 
Activated charcoal 
Prescription Medication for 3 days 

**Personal Documents & Money**
(place in waterproof container) 
Immunization records 
Family records 
Birth/marriage certificates 

Legal Documents; 
Copies of:
Wills, passports, contracts, deeds, vehicle titles, Insurance policy and telephone numbers, stocks & bonds.

**Banking Documents**
**Copies of:**
Checking/Saving/credit card account numbers and telephone numbers, Mortgage account numbers and telephone numbers

**Medical Documents**
Medical & Dental insurance numbers and telephone numbers of insurance company
Medical device serial numbers and manufacturer phone numbers.
Optional: Medical history and medication list

**Miscellaneous**
Emergency contact list both in state and out of state.
Cash & coins, credit cards, pre-paid phone cards
Compass, Whistle
Emergency Evacuation Plan
Map of area (to locate shelters)
Specialty needs for
Elderly/Infant/Toddler
Deck of cards/small games/ books

* Update your kit every 6 months to make sure that: all food, water and medication are fresh, clothing fits, documents are up-to-date and batteries are working.

Information for this Fact sheet obtained from  www.REDCROSS.org