



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