

72 Hour Kit:

Food and Water

(A three day supply of food and water, per person, when no refrigeration or cooking is available)

Protein/Granola Bars
Trail Mix/Dried Fruit
Crackers/Cereals (for munching)
Canned Tuna, Beans, Turkey, Beef, Vienna Sausages, etc
Canned Juice
Hard Candy/Gum
Water (1 Gallon/4 Liters Per Person)

Bedding and Clothing

Change of Clothing (short and long sleeved shirts, pants, jackets, socks, etc.)
Undergarments
Rain Coat/Poncho
Blankets and Emergency Heat Blanks (that keep in warmth)
Cloth Sheet
Plastic Sheet

Fuel and Light

Battery Lighting (Flashlights, Lamps, etc.) Don't forget batteries!
Extra Batteries
Flares
Candles
Lighter
Water-Proof Matches

Equipment

Can Opener
Dishes/Utensils
Shovel
Radio (with batteries!)
Pen and Paper
Axe
Pocket Knife
Rope
Personal Supplies and Medication

First Aid Supplies

Toiletries (roll of toilet paper- remove the center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, etc.)
Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc.)
Immunizations Up-to Date
Medication (Acetaminophen, Ibuprofen, children's medication etc.)
Prescription Medication (for 3 days)

Personal Documents and Money

(Place these items in a water-proof container!)

Scriptures
Genealogy Records
Patriarchal Blessing
Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts, etc)
Vaccination Papers
Insurance Policies
Cash
Credit Card
Pre-Paid Phone Cards
Miscellaneous
Bag(s) to put 72 Hour Kit items in (such as duffel bags or back packs, which work great) Make sure you can lift/carry it!
Infant Needs (if applicable)—formula, bottles, pacifiers, baby food, diapers, wipes..

72 Hour Kits Details

Following a disaster you should be prepared to be on your own without any assistance for at least 72 hours (3 days) and maybe as long as a week. You will not be able to rely on grocery stores to have enough food on hand. Most stores only have enough food to last 2 to 3 days, and this estimate is based on normal or average sales figures. In a recent disaster, in Florida a grocery store, was completely cleaned out in one day. It depends on the scope of the disaster and the panic associated with it. You will also see the prices during a disaster increase drastically. During hurricane Andrew an 89 cent loaf of bread sold for around \$5.00 and a \$10 - 4' x 8' sheet of plywood went for around \$40 to \$45 dollars. So preparing in advance can also be cost effective.

The objective of the Family 72-Hour Emergency Preparedness Kit is to have, previously assembled and placed in one location, all of those essential items you and your family will need during a 72-hour time period following an emergency. When an emergency occurs you will probably not have the luxury of going around the house gathering up needed items, especially if you have to evacuate your home on short notice.

Take time **now** to gather whatever your family needs to survive for three days (72 Hours) based upon the assumption that those items are the only possessions you will have. Store these kits in an easily accessible place where they can be quickly and easily grabbed on the way out the door.

Pack all items in plastic zip-loc bags to keep them dry and air tight. This will prevent a liquid item from spilling and ruining other items in your kit and keep rain and other forms of moisture away from the items stored.

Keep a list of the dates when certain items need to be reviewed, especially foods, outgrown clothing and medications so that they may be properly rotated.

Emergency supplies are readily available at preparedness and military surplus stores.

Fear may well be responsible for more deaths than exposure, hunger and injury combined. Realizing you have fears and that these are normal emotions in unfamiliar situation, you will be aware of them and better able to cope with them as they appear. Fears can be expected in any outdoor problem situation. Fear of the unknown and fear of your ability to cope with the situation will be foremost, along with a fear of being alone, darkness, suffering, or death. **Fear is usually based on a lack of self-confidence and lack of adequate preparation and experience.** Knowledge and experience (practice sessions), will help to instill confidence and help to control fear.

Container

The container you choose for your kit must be waterproof, have some type of carrying handle, and must be able to be carried easily by family members. The following are good containers: backpacks, belt pack, suitcase, polyethylene plastic bucket, duffel bag, trunk or footlocker, plastic garbage cans.

Water

Advised amounts of water for a kit vary. the Utah County Sheriff's office recommends a minimum of two quarts per day for each adult. However, a person can survive quiet well on less, and the load of carrying six quarts of water (about 12 lbs) with a pack is great. Outdoor survival course veterans agree that a two liter bottle should be adequate. Water purification tablets or crystals need to be a part of each kit. Having some gum to keep your mouth moist may help you consume less water. Be careful, you do not want to become dehydrated. Refer to Emergency Water Supply for treatment methods and information on portable water filters.

Food

Food items should require little or no cooking and no refrigeration, and easy to prepare and be non-perishable food. They should be compact and lightweight, in sealed packages. MRE's (Meals Ready to Eat) are a good choice because they require little or no preparation. Freeze-dried foods are light weight but require extra water in your kit. Canned goods are heavy with extra refuse. It is important to store foods high in calories and nutrition to retain strength enough to work. You tend to use more energy in an emergency. Remember that light, air, and heat break down food and lessen the foods nutritional value. Keeping in mind that this is a survival kit. Include vitamins or other supplements, if desired. Choose food items that do not get messy, as they will require the use of more water for cleaning.

Shelter

- The objective of shelter is to provide emergency housing. It is extremely important to be physically protected from nature's weather elements. There are many types of shelter that can be easily included in your 72-hour kit. You may want to consider family tent, backpacker's tent, tube tent, rain poncho, garbage bags, nylon rope or cord, duct tape, space blanket and space sleeping back.

Bedding

- Bedding should be warm, lightweight, comfortable, waterproof and compact.

- Sleeping bag (2 1/2 pound hollow-fill)

- Insulation. Under your sleeping bag you will need some insulation to protect you from the cold ground.

Though foam pads are generally thought of as an item of comfort, their true importance is in insulating you from the ground. The best types are "closed cell" foam pads about 3/8 of an inch in thickness. They are very light weight and easily attached to the backpack for carrying. You may also use a poncho, plastic ground cloth, newspapers, leaves, or pine boughs, for insulation but they are not nearly as effective as the closed cell foam pads.

- Blankets can be used to make a bed roll but generally they are not as comfortable or as warm as a sleeping bag. Wool blankets are the best since they retain their warming ability even when wet. However, blankets are very heavy and bulky.

- Space blanket or bag. As explained in the previous section space blankets and space bags (aluminum coated Mylar) are very efficient at retaining body heat and are a must for every 72-hour kit. Even when used by themselves, without the added benefit of a sleeping bag they will keep you warm during the night. In cold winter weather they may not be entirely comfortable but they will probably keep you warm enough to keep you alive. Being plastic, however, they are impervious to moisture. This is good for keeping out of rain but they also retain sweat and condensation from your breath. You may find that periodically during the night you will have to air them out in order to sleep comfortably. They can also be used during the day to protect from rain, sun and to retain body warmth.

Clothing

Include in your kit one change of clothing and footwear, preferable work clothing. Anticipate severe weather conditions. If you have a growing family, remember to update clothing sizes and needs at least once a year. Try to avoid wearing cotton clothing. Tight cotton clothing holds water next to the skin. Wet inner clothing causes freezing. Cotton clothing "wicks" (draws water up the very small individual fiber), thus retaining water and spreading it over the entire body, causing loss of body heat at an ever greater rate. Wool clothing is best. Wool is natural thermostatic insulator that keeps you warm in the winter and cool in the summer. Wool is naturally durable and can withstand rugged and tough wear. Wool also repels water and has the unique property of keeping the body warm even if it does get wet. Wool dries from the inside out and does not "wick". Include two pairs of wool socks - one pair of wearing and one for keeping your feet warm while sleeping.

Fuel

Every family member should have fire starting material and know how to start a fire. Several of these items should be assembled into a kit and labeled as "**fire starting kit**." Teach all family member how to use them and

let them practice building fires with all methods until they feel totally confident with their ability to do so. Even little children aged six or seven can be safely instructed in correct fire building techniques under proper supervision. Then if an emergency arises, they will not panic or feel overwhelmed or frightened at the prospect of building a fire for their warmth and protection.

Some different sources are:

Matched - Carry at least two dozen wooden kitchen matches that have been either dipped in wax or nail polish to make them waterproof or carry them in a waterproof container.

Metal Match - Waterproof, Fireproof, durable, and non-toxic. Will light thousands of fires. Available at sporting goods stores.

Butane lighters - Such as Bic lighters are excellent ways to light a fire.

Magnesium - Magnesium fire starters are good for starting fires with wet or damp wood. Shave magnesium shavings off of a magnesium block with a pocket knife and then strike a spark from a flint starter with a pocket knife. Magnesium burns exceptionally hot and will ignite almost any combustible material. Works even when wet and can be purchased at most sporting goods stores.

Small Magnifying glass - Use to concentrate sunlight onto paper, shredded bark or other tinder.

Flint and steel - A spark from flint and steel (such as an empty cigarette lighter or flint and steel sticking bar), when directed at dry paper (especially toilet tissue), shredded bark, dry grass or other tinder, if persisted in patiently will work very well to start a fire. This is the most reliable "non-match" method of starting a fire.

Commercial fire starter kits - These come in a variety of styles and fuels.

Steel Wool - Fine steel wool (used for scrubbing pots and pans - but not Brillo pads or other types that have soap already impregnated into them) can be used for tinder. Hold two "D" flashlight cells together in one hand (or one 9-volt transistor radio battery) while touching one end of a clump of steel wool to the positive end of the battery and the other end of the steel wool to the negative end of the battery. The current causes the steel wool fibers to incandesce and then produce a flame. It burns very hot and fairly fast so use lots of other tinder to burn once the steel wool ignites.

Candles- can be used for warmth, light, and starting fires. To start a fire simply cut a piece of candle about 1/2 inch in length and place it on top of the tinder. When lit the wax will run over the tinder making it act as a wick and ignite. You can also place small twigs and other easily burnable material directly into the flame to build a fire.

Car Battery - If you are near your car you can easily put sparks into tinder by attaching any wires to the battery posts and scraping the ends together in the tinder.

Sterno Fuel- and stove make an excellent cooking fuel when backpacking or in emergencies. Sterno can be lit with a match or by a spark from flint and steel. Slivers of gelled Sterno can be cut from the can and placed on top of tinder and lit with flint and steel or with a match. It burns hot enough to ignite even damp tinder.

Cotton Balls - and gauze from the first aid kit make excellent tinder and can be ignited with sparks or with matches.

Fuel Tablets - such as tri-oxane and gelled fuels store well and ignite quickly and easily. Some can be fairly expensive, however.

Butane and propane stove - These are made especially for backpackers. The fuel is cheaper than Sterno, it burns hotter and it heats better in windy situations than other fuels. Propane, however is more difficult to light as outside temperatures near zero.