

## 72 HOUR KIT SUPPLIES FOR TWO PEOPLE

### FOOD AND WATER

- **Water** - Enough for 3 days for each person. At least one gallon per day per person.
  - Make sure you have enough water for drinking, making food, and sanitation for each person.
- **Food** - Make sure you have 9 meals per person, 3 meals per day for 3 days.
  - We got MRE's, which are Meals Ready to Eat.
- **Snacks**
  - Power bars - 3 each (one per day); 3 different flavors
  - Fruit snacks
  - Hard candy

### MEDICINAL SUPPLIES

- Alka Seltzer - 4
- Gauze - square patches
- Airborne, travel size
- Aleve, travel size - 1 pack (10 tablets)
- Medicine tablets, variety: Excedrin, Aleve, Ibuprofen
- Neosporin
- Medicine dropper
- Moleskin
- Band-Aids, variety - 2 packs
- Vaseline, travel size
- Anti-diarrhea medicine, 12 pills (this is more important than you may realize in case someone drinks bad water and gets sick)
- Tweezers
- Scissors
- Icy Hot

- Tums - small bag
- Cough drops
- Athletic tape - 2 rolls
- Stretchy tape (this is something we just had on hand, not mandatory)
- Super tape (this is something we just had on hand, not mandatory)
- Instructions on how to tape an ankle etc
- Sunscreen
- Instant cold compress
- Arm sling (we just happened to have one so we packed it)

### SANITATION SUPPLIES

- Hand sanitizer, travel size - 2
- Toilet paper - 2 rolls
- Tampons - 2 small boxes
- Soap - 2 bars
- Wet ones antibacterial wipes, travel size - 3
- Latex gloves - 8 (2 sets per person)
- Kleenex, travel size - 2
- Paper towels
- Liquid detergent (Tide), travel size - 8
- Zip lock bags, variety - gallon, quart, sandwich

### PERSONAL HYGIENE SUPPLIES

- Q-tips, travel size - 2
- Chapstick - 2
- Eye drops
- Hair ties, hair clips, bobby pins
- Toothpaste, travel size - 2
- Toothbrush, regular size - 2
- Toothbrush holders - 2
- Fingernail clippers

- File
- Lotion, travel size
- Loofa - 2 (clearly not mandatory but we had extra and they can be used for other purposes, such as cleaning anything)
- Shampoo, travel size - 2
- Conditioner, travel size
- Washcloths - 2
- Shave gel
- Disposable razors
- Contact lenses and supplies
- Deodorant, travel size - 2
- Any personal prescriptions
- Mirror (this item can be used to reflect the sun and send a signal to others as well)

## CAMPING SUPPLIES

- Insect repellent moist towelettes, travel size - 2
- Flashlight - 2
- Extra D batteries - 8 (for the flashlights)
- Dishes - plate, bowl, cup, spoon, knife, fork - 2
- Folding shovel
- Not only do you need this for sanitation but in case you need to dig a moat around your tent due to rain
- Trail tent
- Camp axe
- Candle lantern
- Clothespins
- Tub candles - 6
- Waterproof matches - 4 packs
- Emergency blanket - 2
- Waterproof pouch or a dry bag

- Fire starters - one pack (12 sticks)
- 50 foot rope
- Poncho - 2
- Blow up pillows (came with our air mattress; they were small and easy to pack so we did)
- Utility knife (we like the Gerber brand)
- Tarp

### COLD WEATHER GEAR

- Heat packs (Hotties) - 8
- Blankets - 6 (4 small, 2 big)
- Scarves - 2
- Sweatshirts with hoods - 3
- Windbreakers - 2
- Gloves - 4 pairs (2 lightweight and 2 heavier duty)
- Beanies that cover our ears - 2
- Snowboard pants - 2
- Wool socks - 4 pairs
- T-shirts - 3 (sizes Medium, Large, Extra Large)
- Long underwear pants - 2
- Windbreaker pants - 2
- Leg warmers - 1 set

### MISCELLANEOUS ITEMS

- **EMERGENCY DOCUMENT BINDER** (This is very important to put together; there are many things you can include. See below for details.)
- Shut off wrench (to turn off household gas and water)
- Sewing kit - needles, thread, scissors, measuring tape, buttons, thimble, safety pins, plastic case, threading helper Safety pins, variety

- Hand gun (not packed; do not pack this if you are not comfortable with a gun; my husband was in the military and he trained me as well so we feel comfortable.)
- Ammunition (this is pre-packed but the gun we would have to grab in addition to our 72 hour packs.)
- Map of the area - both a street map and a topographical map (laminated)
- Bleach - a quart in a sealed plastic container
- Portable, battery operated radio
- Extra batteries for the radio
- Fire extinguisher: small canister, ABC type
- Compass
- Whistle - 2
- Signal flare
- Cash - small bills and coins
- Sunglasses - 2
- Aluminum foil
- Masking tape - 1 roll
- Scotch tape - 1 roll
- Notepad - 4 small size
- Pens - 3
- Pencil
- Sharpie
- Highlighter
- Baby carabineer
- A laminated list of everything included in our 72 Hour Kit
- Cards - 2 decks
- Keychain size Rubik cube
- Pigs game (we felt that a few small games to lift our spirits and keep our minds active would be beneficial)

## EMERGENCY BINDER DOCUMENT SUGGESTIONS

- Title Page
- Flier page for each person in your family; you can use these as 'missing person' fliers if needed
- Main emergency contacts - contact information
- Photocopies of passports
- Photocopies of ID's - any and all ID's that you have for each person
- Photocopies of birth certificates
- Photocopies of social security cards
- Photocopies of any vaccines you have had for each person
- Photocopies, front and back, of all insurance cards (medical, dental, vision, car, home, AAA)
- Banking information
- Photocopy of marriage license
- Photocopies of any wills that are in place
- Photocopies of any religious documents you would like to save
- Contact information for any friends or family who you would like to contact in an emergency