

72 hour Kits

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|---|--|
| <input type="checkbox"/> Supply of water | <input type="checkbox"/> Credit Cards/ Cash |
| <input type="checkbox"/> Food supply | <input type="checkbox"/> Boots or sturdy shoes |
| <input type="checkbox"/> First Aide Kit | <input type="checkbox"/> Battery Radio |
| <input type="checkbox"/> Prescription Meds | <input type="checkbox"/> Extra Batteries |
| <input type="checkbox"/> Extra glasses/contacts | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Clothing | <input type="checkbox"/> Can opener |
| <input type="checkbox"/> Jacket | <input type="checkbox"/> Knife |
| <input type="checkbox"/> Clean underwear | <input type="checkbox"/> Map of area |
| <input type="checkbox"/> Blanket -Wool | <input type="checkbox"/> Tie wires |
| <input type="checkbox"/> Print of ID | <input type="checkbox"/> Rope |
| <input type="checkbox"/> List of Contact Info | <input type="checkbox"/> Tarp |
| <input type="checkbox"/> Body warmers | <input type="checkbox"/> Stakes |
| <input type="checkbox"/> Glow sticks | <input type="checkbox"/> Baby supplies |
| <input type="checkbox"/> Book | <input type="checkbox"/> Pet supplies |
| <input type="checkbox"/> Cards | <input type="checkbox"/> Personal hygiene |
| <input type="checkbox"/> Rain Poncho | <input type="checkbox"/> Tooth brush |
| <input type="checkbox"/> Trash bags | <input type="checkbox"/> Tooth paste |
| <input type="checkbox"/> Work gloves | <input type="checkbox"/> Gum |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Lighter |
| <input type="checkbox"/> Warm hat | <input type="checkbox"/> Toilet paper |



When preparing for an emergency, it is recommended that you put together a kit of food to last you 72 hours. You can build your own (based on what your family will eat) , or buy pre-made ones at the links below:

Things to consider when building your own.

- Kid friendly
- No cooking required
- High calorie intake
- Lightweight
- Affordable

Wise Company 72 hour kits & Food

Ready Project 72 Hour Kit

72 Hour Food Kit

Budget Girl created a great 72 Hour Emergency Food Kit Planner spreadsheet that I think is amazing to help you break down your plan and cost!

So check it out :)

Final Thoughts My Friend,

Okay, I do hope that these checklists will be helpful. Whether you put together your own or purchase one (and possibly add to it), getting 72-hour kits for every family member is extremely important. You can't consider yourself prepared for emergencies without them. You may need to hike back home to safety or evacuate in many emergencies. In either case, you and your family will need 72-hour kits; as I learned, working with the C.E.R.T.'s best-case scenario, it takes F.E.M.A. at least 72 hours to appropriately respond to state emergencies with help. So it's very important in that time that you and yours will have the basics for comfort, warmth and nutrition.

