

72 Hour Emergency Survival Kit

- ❑ Non-perishable food - enough for 3 days (per person)
- ❑ Water for drinking - 1 gallon per person, per day. Additional for cleansing, cooking and sanitizing
- ❑ Water purification tablets - and/or bleach. Look online for instructions on how to disinfect and to treat water
- ❑ Mess kit with plates, flatware, bowls, cups and small assortment of pots and pans
- ❑ Tent
- ❑ [Flashlight](#) and extra batteries - our flashlight is also a NOAA Weather Alert Radio
- ❑ [Portable Generator](#) - this is very similar to the one we take camping
- ❑ Solar chargers for cell phones
- ❑ Tool box
- ❑ Blankets and sleeping bags
- ❑ Clothing based on season - this should be changed seasonally to assure fit and weather appropriate
- ❑ Matches and Lighter
- ❑ Kindling and Fire starters
- ❑ NOAA Weather Alert Radio with hand crank recharging and extra batteries. The one linked can also solar charge
- ❑ First aid kit - *SEE BELOW
- ❑ Baby wipes - for cleaning face and hands
- ❑ Disinfecting Wipes
- ❑ Paper Towels
- ❑ Toilet tissue
- ❑ Personal and feminine care items like sanitary napkins, tampons and travel sized toiletries
- ❑ Medications - check individual medication, including prescription, for storage instructions
- ❑ Pet foods and supplies
- ❑ Water for pets
- ❑ Fire extinguisher
- ❑ Extra money

Copies of (kept in waterproof and fireproof container):

- ❑ Insurance policies
- ❑ Medical records including allergies
- ❑ Wills
- ❑ ID cards

- Passport
- Bank records and checks

Driver's License

Social Security Card

Baby supplies if you have babies:

- Diapers
- Wipes
- Ointments
- Formula
- Bottles
- Baby Food
- Water
- Clothing
- Blankets
- Medications for fever and any prescribed medications - read storage instructions

First aid kits should contain - at least:

- Sterile gloves
- Gauze and tape
- Scissors
- Tweezers
- Small flashlight
- Adhesive bandages - assorted sizes (I buy in bulk at Sam's Club!)
- Antibacterial wipes
- Antibiotic ointment
- Burn cream
- Non-prescription pain relievers like Acetaminophen, Ibuprofen, Naproxen and Aspirin
- Laxatives
- Heartburn relief/Antacids
- Anti-diarrhea medication
- Individual items based on your own needs like blood pressure monitor, glucose monitor etc.
- First aid guide