

## 72-Hour Kit Checklist

The purpose of the 72-hour kit is for you and your family to be able to sustain life, without any outside help, in case of emergency. All of the items on the list should be included in a full 72-hour kit. Tier I items should be carried in a backpack in your vehicle at all times. Tier II items should be near your front door, where they can be taken at a moment's notice. Tier III items should be easily accessible in the garage or other storage area.

### **Tier I (Bare essentials for survival)**

- Water (1 ½ gallons per person)
- Protein bars
- Granola/trail mix/dried fruit
- Crackers
- Canned tuna, chicken, beef, beans, fruit
- Candy/gum
- Meals Ready-to-Eat (MREs, optional)
- Can opener/plastic spoons
- Pocket knife
- 50' nylon rope (1/8 inch)
- Emergency blanket
- Poncho
- Toilet paper (in zip-lock bag)
- Trowel
- Flashlight/batteries/glow-stick
- Whistle
- Gloves
- Hand warmers
- Portable radio
- Lighter/water-proof matches
- Flares
- First-aid supplies
- Prescription medications (3-day supply)
- Cash (\$20 in ones)/blank checks
- Phone numbers/contacts
- Legal documents (copies of credit cards, vaccinations, birth/marriage certificates, passport, insurance, wills, deeds, mortgage)
- Scriptures/genealogy/patriarchal blessings
- Photo CDs
- Plastic trash bags
- Maps

### **Tier II (Increased level of comfort and security)**

- Change of clothes (under-garments, socks, pants, long-sleeve shirt, jacket, shoes)
- Additional water (3 gallons per person)
- Canned fruit juice
- Additional food (canned goods, MREs)
- Coffee filters (for murky water)
- Hat/sunscreen
- Blankets/sleeping bags
- Cloth sheets
- Plastic sheeting
- Candles
- Duct tape and zip-ties
- Hatchet
- Toiletries (wet wipes, soap, deodorant, tooth brush and paste, feminine hygiene)
- Solar shower
- Pen/Sharpie and paper
- Cell phone charger
- Walkie Talkies
- Ham radio and power supply
- Infant needs
- Dust/vapor masks
- Sewing kit
- Cards

### **Tier III (Fully self-reliant in an emergency)**

- Expanded food selection (items that require cooking)
- Additional water (5 gallons per person)
- Water filter
- Camp stove and extra fuel
- Ice chest (and ice – at last minute)
- Folding table/chairs
- Cooking pots/pans
- Cooking/eating utensils
- Paper plates/towels
- Dish soap/laundry soap
- Tent
- Shovel
- Fire extinguisher
- Gasoline (10 gallons, air-tight containers)
- Firearms and ammunition

Change out food, water, medications, and batteries every 6 months. Use zip-lock bags for food and important papers. Keep all items in easily-movable containers. Make sure everyone knows where they are.