

72 HOUR EMERGENCY KITS

All 72 Hour Emergency Kits need to be inserted in a 33 gallon garbage can with lid. These kits need to include:

First Aid Kit

The contents should fit the needs of your family, filling a small first aid box or tool box, fishing tackle box or Tupperware container. This kit need only be adequate for a 3-7 day emergency for each member of family.

Food

3 day supply that requires no refrigeration or cooking:

- [MREs \(Meals Ready to Eat\) with a 25 year shelf life](#)
- Or canned fish
- Pork and beans
- Nuts
- Raisins
- Dried fruits
- Canned juices
- Peanut butter
- Crackers
- Graham crackers
- Sunflower seeds
- Granola bars
- Canned puddings
- Hard candies
- Cookies
- Baby food (if needed)
- Pet food (if needed)
- Can opener.

Blankets or Sleeping Bags

Plastic Sheets and Cloth Sheets if Possible

Personal

- Toiletries (soap, toothbrush, toothpaste, etc.)
- Towels
- Wash cloths
- One change of clothing per person
- Sanitation supplies (toilet paper, Kleenexes, plastic bags, paper towels, etc.)
- Matches
- Candles
- Flashlight with extra batteries.

Miscellaneous

- Sewing kit
- Eating utensils (plates, cups, plastic forks, knives, spoons)
- Battery powered radio with extra batteries
- Bucket
- Shovel
- Ax
- Scriptures
- Books and games
- Aluminum foil
- Zip lock sandwich bags/food storage bags
- Portable stove with fuel if possible
- Pot and pan
- Coffee kettle.

You can assemble these kits yourself or purchase the [72 Hour Emergency Survival Kits](#) online at DisastersPreparedness.com. You can find a great selection of disaster preparedness supplies including food, water, tools, first aid, non hybrid seeds storage, etc.