

**List of Contents of 72 Survival Kit ( I used SEVERAL lists, my own thoughts, and YouTube videos as my resources).**

- Water for 72 hours (experts recommend 1 gallon per person per day).
- Food for 72 hours per person. The food should be nonperishable items that do not need to be cooked. You may also want to pack utensils, can openers, plates etc. [Here is a video on how to open a can without a can opener or knife](#) and will prove very helpful to know how to do this in an emergency.
- Clothes and shoes for each person. Warm clothes can be modified by ripping them. So I packed sweats, 1 T-Shirt, heavy sweat shirts, 1 pair of underclothes, socks, and shoes.
- Change (at least \$3.00 in quarters and small change in case you are stranded without a powered cell phone).
- A Water-Tight container that contains the following items that need to stay dry: (the following items cash through flashlight should be in the water-tight container and anything else that could be damaged by water)
- Cash (We keep about \$20-\$30 but you may want to have slightly more than that).
- A list of multiple cell phone and landline numbers. Even if you have a few numbers memorized write them down and keep them in a water tight container, just in case you can't reach the people whose numbers you remember or if you suffer any trauma you may forget.
- Small scriptures or inspirational small book. Kids entertainment is also important. Pack a deck of cards or perhaps a sticker book or something that will help them stay occupied.
- Cell phone charger
- Photo copies of important documents. Passport, Birth certificates, Medical history list, Health, Home and Car Insurance information, etc.
- First Aid manual
- [NOAA weather alert radio](#)
- Pen or pencil
- Water proof matches
- [Flashlight- We have a crank flash light so that we don't need to worry about batteries. If you have a battery powered one make sure to pack extra batteries and replace each year.](#)
- Work gloves
- Pepper spray/bear spray
- Plastic sheeting and Duct tape to make a shelter
- Ear Plugs
- Lip Balm
- Heat blanket
- Hand warmers
- Whistle
- small mirror to signal an aircraft and perhaps starting a fire
- [Flares](#)
- Real Blanket- we put this on top of our 72 hour kit in the car.
- Baby wipes/moist towelettes

- Dust masks
- Sunglasses
- Water sanitation drops or bleach
- Knife
- Twine/rope
- Compass
- Feminine supplies
- Sunscreen
- Medications
- Bayer aspirin
- Tylenol
- Rain poncho
- [Candles \(long lasting ones\)](#)
- Bug repellent
- Toilet paper
- Razors
  - Hygiene needs: small shampoo, soap, hand sanitizer, toothbrush and toothpaste

**First Aid Kit containing the following:**

- Two pairs of Latex or other sterile gloves if you are allergic to Latex
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Anti-itch cream
- Rubbing alcohol
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminate
- Thermometer
- Cotton balls and/or Q-tips
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant
- Hot/cold packs

Extra Needs

**For Baby:**

- Diapers
- Bottles
- Powdered milk/Formula

- Medications
- Moist towelettes
- Diaper rash ointment
- Change of clothes
- Blanket

#### **For Elderly:**

- Denture cream
- Extra eyeglasses

#### **Car Emergency Kit:**

- [Jumper cables](#)
- Tools
- [Flares](#)
- [Heavy Duty Tow Strap/rope](#)
- [Collapsible shovel](#)
- Cable Ties (zip ties)
- Wrench for lug nuts
- Socket for lug nuts (especially if you have special lug nuts that need a specific socket).
- Warning Triangle
- Car Jack (usually this is in the car already) But check to make sure.
- Reflective tape, vest or bright colored shirt.

#### **At home you will want to have the following ready for 72 hours:**

- Wrench or pliers to turn off utilities.
- Fire extinguisher
- Sanitation bucket (5 gallon bucket with a lot of heavy duty plastic bags and ties for the waste).
- Check the batteries in your smoke detector.
- Practice escape routes with your family and have an emergency plan.
- Heat source that does not require electricity or gas. [\*\*This is a good kit on Amazon that can also get you started. Or if you are strapped for time you can just order this and put it in your car with some nonperishable food and water. \(click here\)\*\*](#)