72 Hour Survival Kit

https://daretoprepare.com/72hr_List_Gen_Supp.home.html

This list is whittled to bare essentials for three days' survival *at home*. Many other items would certainly be nice, but for those on a strict budget, plan your gear around these core supplies. Any additional supplies can be added to suit personal taste and budget. Where quantities aren't noted, assume only one item is needed. **Suggested amounts are for one person only**, especially in the area of water consumption. The exception to this rule is the First Aid Kit. These medical items were planned with a small family in mind.

These 72-hour survival kits should be packed and kept in or close to your safe room. Preparation is merely good common sense.

Food

Pick any combination for three day's supply

- Beef Jerky
- Canned Fruit Juices
- Canned Meats, Vegetables and Fruits
- Canned Soup, read-to-eat variety
- Packaged Freeze-Dried Meals
- Canned Beverages
- Cookies
- Dried Fruit
- Granola, Power Bars and Trail Mix
- Peanut Butter and Crackers
- Instant Coffee/Tea Bags/Whitener/Sugar
- MREs (Meals Ready to Eat)

Water

- 3 gallons of drinking water (1 gallon per person per day)
- Additional 1-2 gallons of water per person for brushing teeth and hygiene
- Water Purifying Tablets
- 1-Quart (1-litre) Containers with lids for purifying water, two so water can be poured back and forth to re-oxygenate
- Manual Can Opener
- Paper Plates, Plastic Eating Utensils, Disposable Cups (one each per meal plus extra cups)
- Roll Paper Towels
- Aluminum Foil
- Zip-loc Freezer Bags, gallon or 4 liter (1 box)
- Zip-loc Freezer Bags, quart or 1 liter (1 box)

Clothing

- Complete change of *comfortable* clothing*
- Current prescription glasses
- Gas Mask, especially if you are in one of the top 120 major cities for terror attacks
- Underwear, 2 sets

Communication Items

- Radio (hand cranked, solar or battery powered; if battery, include extra batteries)
- Cell phone
- Note pad
- Pencil, Pen
- Phone numbers and addresses of friends/family
- $200 in cash and change

General Hygiene

- Liquid Bleach and Eyedropper (sprinkle in portable toilet to keep down bacteria and smell)
- Sponge
- Surgical Gloves, three pair
- Toilet Paper, one roll per person
- 3 Trash Bags

Personal Hygiene

- Body/Hand Lotion
- Comb and Brush
- Dental Floss
- Deodorant
- Liquid Soap for personal washing
- Premoistened Towelettes
- Tampons/Sanitary napkins
- Toothbrush
- Toothpaste

Infant Supplies (if applicable)

- Baby Powder
- Blanket, spare
- Bottles, spare
- Diapers, disposable
- Formula

- Lotion
- Pre-Moistened Towelettes
- Teething Ring
- Toys

Miscellaneous

- Bible
- Book for Pleasure Reading
- Deck of Playing Cards and Board Games
- Fire Extinguisher
- Multi-Purpose Tool with knife, pliers, screwdrivers
- Swiss Army Knife

Pet Care (if applicable)

- Food and Food Bowl
- Toys or Chew Bone
- Water and Water Bowl, one gallon (4 liters) per dog per day. For a cat, it is about 1 pint.*
- Newspaper or litter box (some place pets can feel it is OK to use)

*(Even if it is a small animal, plan on the unexpected. SOMEBODY will undoubtedly spill their day's ration and the pet's water can be used in extreme emergency.)

Senior Care (if applicable)

- Denture Care Items
- Batteries, extra (for hearing aids)
- Eye Glasses
- Heart and/or Blood Pressure Medications
- Oxygen, Portable (extra tanks and hoses if this is required)
- Prescriptions
- Special Dietary Items
- Warmer Clothing (generally the elderly have trouble with poor circulation and get cold easier.)