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## 72-hour kits

### Overview

**What is a 72-hour kit?**

**Why do I need one?**

**Where do I need one?**

**What goes into a 72-hour kit?**

**What is the difference between a 72-hour kit and an evacuation kit?**

### What is a 72-hour kit?

- A light portable kit to maintain life.
- A group of items designed to maintain life for up to 72 hours (three days) Started with the U.S. Coast Guard as a minimum for human survival.
- You can survive for several days' even weeks with out food.
- Serious illness and death can occur without water after three to five days.
- **Water** is the key component to a 72-hour kit everything else is for comfort.
- How much water? A minimum of 12 oz. Per day!

### Why do I need one?

- If in an emergency you are away from home or may be required to leave your home, you will need to care for your self. **If you are not prepared to care for yourself, be prepared to rely on the generosity of strangers.**

### Where do I need one?

- Where ever you might be.
- Home, car, office, school, boat, RV

### What goes into a basic 72-hour kit?

- First aid kit
  - Trauma Kit – large gauze pads, tape, medications
- Warmth
  - Survival Blanket, jacket, hat, rain poncho
- Lighting
  - If battery operated ensure that you have extra batteries
  - Snap lights
- Communications
  - AM/FM radio, cell phone, emergency contact information

- Food
  - Energy bar, food rations, MRE's
- Water
  - Sealed, sterilized, pouches or boxes designed for emergency purposes. Inexpensive, compact, 5-year shelf life.
  - Commercially available bottled water. More expensive, Bulkier, 2-year self life, maybe less!
  - Ideally carry both!

### **What else can or should you carry?**

- Matches, fire starters, whistle, signaling devices, water storage bags, purification tablets/filters, enlarged first aid kit, sanitary supplies (toilet paper, tampons/pads, antibacterial wipes) tarps, rope, gloves, eye shields, maps, knife/multi tool, stove, duct tape, comfortable shoes, pictures,

### **What is the difference between a 72-hour kit and an evacuation kit?**

- 72 hour kits are BASIC, evacuation kit carries more
- Can be carted, or wheeled. Shouldn't be heavier than you can carry.
- Clothing, pictures, blankets, pry bar, sanitary supplies, eyeglasses,

# 72 HOUR KITS

## Car Kit

### Need to have:

<i>Item</i>	<i>Qty.</i>	<i>Good</i>	<i>Better</i>	<i>Best / Premium</i>
Water	36oz	Bottled Water	Foil Pouches	Both
Food	3600 calories	Protein Bars	Emergency Food Bars	Both
Light	Varies	Flashlight	Glow sticks	Both
First Aid Kit	1	Small	Medium	Large
Emergency Blanket	1	Mylar Blanket	Campers Blanket	Both
Toilet Paper / Wipes	1 / 6	Facial Tissues	Half Used roll	Emergency Rolls
Emergency Card	1	3 x5 with #'s	Emergency Card	Small Phone Book
Medications	Varies	(Daily medications, or medications you can't be without for a week.)		

### Nice to have:

<i>Item</i>	<i>Qty.</i>	<i>Good</i>	<i>Better</i>	<i>Best / Premium</i>
Extra Batteries	3	Off the Shelf	Long Lasting	Twist to Activate
Sanitation Bags	3	Grocery Bags	Bio Bags	Porto Potty Bags
Radio	1	Battery powered AM	Battery Powered AM/FM	Solar / Crank Powered Am/FM
Candles	2	Votive	Stick	Emergency Candles in a can
Matches	1	Household	Waterproof	Flint and Steel
Knife	1	Pocket Knife	Swiss Army Knife	Survival Knife
Tennis Shoes	1	Old worn out Pair	Cheap new Pair	New pair broken in
Rope	1	Small Nylon Cord	1/4" x 10' Rope	"Climbers Rope"
Duck Tape	1	Used Roll	Emergency Roll	Full Roll
First Aid Instructions	1	Small card	Full Manual	Be First Aid Trained
Prepaid Phone Card	1	30 min	100 min	500 min

### Over The Top:

Tube Tent	Light Weight Jacket	HAM /CB Radio	Water Container
Water Purification Tabs	Hand Warmers	Pants / Shorts	Water Filter
MRE's	Gloves	Extra Socks	Multi tool
Shake Light	Eye protection	Pry Bar	Pull Saw
First Responders Kit	Signaling Mirror	Local area map	Wool Blanket

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