

72 HOUR KIT

A 52 Week Guide

1. Check the batteries in your smoke detector
2. Place a flashlight next to your bed and in one extra location. Make sure the batteries are working
3. Get a suitable 72 hour kit container. Mine fits in 2 large bins for a family of 5.
4. Add 1 1/2 gallons of water per person.
5. Add \$10 cash (by the end of the year you should have at least \$100 cash in your kit).
6. Add a hand operated can opener.
7. Add a roll of paper towels.
8. Add at least one blanket. One for each person is better.
9. Add \$10 cash.
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11. Add plastic forks, knives and spoons
12. Add 1 box of crackers
13. Add a large candle
14. Add \$10 cash
15. Add 1 pound of graham crackers per person
16. Add flashlight and batteries

- 17.add a disinfectant such as Lysol or Bleach
- 18.add paper cups
- 19.add \$10 cash
- 20.add a basic first aid kit
- 21.add 4 pack of toilet paper
- 22.add 1 large bar of soap
- 23.add things to entertain you such as books, games, coloring books, and crafts.
- 24.add a pocket knife or a utility knife
- 25.add \$10 cash
- 26.add 1 container of baby wipes (and diapers if needed)
- 27.add 1-2 changes of clothing per person including under wear and socks
- 28.add 48 ounces of non carbonated juice per family member.
- 29.add 1 can of fruit and 1 can of veggies per person
- 30.add \$10 cash
- 31.add 1 box of matches
- 32.add 1/2 pound of peanut butter per family member
- 33.add some hard candy
- 34.add ziplock bags in a variety of sizes.
- 35.add \$10 cash
- 36.Check batteries in Smoke detector and practice routes
- 37.add 1 pound of dried fruit or fruit snacks per person

- 38.add 1/2 pound non-fat dry milk per person
- 39.add a battery powered radio
- 40.add \$10 cash
- 41.add medications or items for individual medical needs
- 42.add feminine hygiene products
- 43.add a tooth brush per person and tube of toothpaste
- 44.add a shovel
- 45.Verify each family members immunization is up to date
- 46.add 1 large roll of heavy duty aluminum foil
- 47.add an axe
- 48.add paper plates
- 49.add \$10 cash
- 50.add 1-2 boxes of sweetened cereal
- 51.Photocopies of personal documents (including wills, birth certificates, contacts, genealogy records, immunization records, etc)
52. Add \$10 cash