

# 72 Hour Survival Kit

- Water – One gallon of water per person per day, for drinking and sanitation. You might choose bottled water or [water pouches](#). It's also recommended you have some way to filter and disinfect more water ([LifeStraw](#) and/or [water purification tablets](#)).
- Food – At least a three-day supply of non-perishable food. This might include canned or [freeze-dried foods](#). You should assume you'll be without power and refrigeration for a period of time. Your food should not require gas or electricity to prepare. You'll also want some snack food or other “comfort” food .
- Can opener for food (if kit contains canned food)
- [Food bars](#) – high in calories and don't need to be cooked.
- [Battery-powered radio](#) and a [NOAA Weather Radio](#) with tone alert, and extra batteries
- [Flashlight](#) and extra batteries
- Cell phone and means to [recharge battery](#)
- Basic [First Aid kit](#) and necessary prescription medications
- [Whistle](#) to signal for help
- Garbage bags and plastic ties for personal sanitation
- Roll of toilet paper in Ziploc bag
- Hygiene kit – toothbrush & paste, wet wipes, hand sanitizer
- [N95 Dust mask](#) or cotton t-shirt, to help filter the air
- Spare glasses if necessary
- Plastic sheeting and duct tape to shelter-in-place
- 50ft. Nylon rope or [paracord](#)
- Lighter and [waterproof matches](#)
- [Multi-tool](#) or [Swiss style Army knife](#)
- Emergency survival [sleeping bag](#) or blanket
- Pen and paper for making notes
- Cash \$50-\$100 in small bills and \$10 in quarters
- Extra car and house keys
- Personal/Legal documents
- Don't forget [pet supplies](#) if you have a pet.

## Additional items you might want to add to your kit:

- [Propane camping stove](#) for cooking food and disinfecting water.
- Extra propane or fuel for stove
- [Mess kit](#)
- Eating utensils like a [spork](#)
- Change of clothing appropriate to season including socks and underwear and a [poncho with hood](#) for rain.
- A [tent](#) or [tarp](#) for outdoor protection
- [Body warmers](#) to keep you warm
- Working gloves
- Mirror for signaling
- [Hatchet](#), Axe, Machete or Larger Knife
- Wrench or pliers to [shut off utilities](#)
- [Shovel](#) to dig sanitation holes
- [Portable camping toilet](#) as an alternative to digging latrine ditch
- Area light, lanterns, and spare batteries
- [Emergency Candles](#), Flares and/or [light sticks](#)
- Portable solar charger
- Personal protection / self-defense
- Maps (local and regional)
- Pre-paid phone cards
- Entertainment and reading (books, Bible, games)
- Baby supplies if you have baby

The above items are not necessarily comprehensive and you may add items you feel important and/or delete items to meet your needs.

Keep in mind your kit may vary depending on your individual needs and will also vary depending on whether it's designed for sheltering-in-place or bugging out. You'll want to store your supplies in a [backpack](#) or [duffle bag](#) (don't make it too heavy). You may want to start with a [pre-configured kit](#) and then add to it as you deem necessary. The pre-configured kits come with decent backpacks, but you may want to upgrade to a larger bag like some of these [backpacks from Walmart](#).

Brought to you by [Emergency Preparedness for the Common Man](#)

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