

72 Hour Emergency Kit

Bug Out Bag or Grab n' Go Bag

Update your kit every six months (General Conference Weekend works for us) to make sure that: all food, water, and medication are fresh (not expired), clothing fits, personal documents and credit cards are up to date, and batteries are charged. Use a duffle bag, a backpack or even saddle bags (and a mountain bike).

Bare Minimum – Start with this and begin adding to it. You can even use a cloth shopping bag until you get something more substantial

- Food (6,000 calories) & Water – 3 bottles
- Extra Change of Clothes – in zip lock bags
- Flash light
- Matches (in a zip lock with a small candle)
- Pocket knife
- Large garbage bags
-

Food and Water – About 2,000 calories/day

- (3 day supply of food & water per person when no refrigeration/cooking is available)
- Protein/Granola Bars
- Trail Mix/Dried Fruit
- Crackers/Cereals (for munching)
- Canned Tuna, Beans, Meat, Vienna
- Sausages, etc (“pop-top” cans might leak/explode)
- Canned Juice
- Candy/Gum (Jolly ranchers can melt & mint gum might “flavor” other items)

Water (1 Gallon/4 Liters per person)

- Water purification tablets
- Water filtration

Bedding and Clothing

- Change of Clothing (short and long sleeve shirts, pants, socks, jackets, etc. Put in zip lock bags to keep dry. Zip locks can be used for other things later)
- Undergarments
- Rain Coat /Poncho
- Emergency Heat Blankets
- Cloth Sheet
- Plastic Sheet

Fuel & Light

- Battery Lighting (Flashlights, Lamps)
- Extra Batteries
- Headlamp
- Candles

- Lighter
- Water-Proof Matches

Equipment

- Can Opener
- Dishes/Utensils
- Shovel
- Radio (with batteries or hand crank)
- Pen and Paper
- Axe
- Pocket Knife
- Rope
- Duct Tape
- 550 Cord 50 to 100 feet

Infant Needs (if applicable)

Personal Supplies & Medication

- First Aid Supplies (band-aids, etc.)
- Toiletries (roll of toilet paper—remove center tube to easily flatten into a zip-lock bag, feminine hygiene, comb/brush, toothbrush & toothpaste, deodorant)

Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc. Warning: Scented soap might “flavor” food items.)

Medication (Prescriptions, Acetaminophen, Ibuprofen, children’s medication, etc.)

Emergency Contact List

Personal Documents and Money

(Place these items in a water-proof container!)

- Scriptures (miniature ones are lighter)
- Genealogy Records
- Patriarchal Blessing
- Legal Documents (Birth/Marriage)
- Certificates, Wills, Passports, Contracts)
- Vaccination Papers
- Insurance Policies
- Cash & Coin (Quarters)
- Debit or Credit Card
- Pre-Paid Phone Cards

Additional Items

- Extra 550 cord – 100 ft
- Mini Folding Shovel
- Larger knife or machete
- Multi-Tool (Leatherman or Gerber)
- Aluminum foil (at least one square foot)
- Sewing kit (needles, thread, safety pins, etc)
- Fishing kit (hooks, fishing line)
- Whistle
- Insect repellent
- Compass and map of area
- Radio (hand-crank)
- Firestarter – flint/steel/magnesium
- Fire tender (cotton balls w/petroleum jelly)
- Small LED flashlight
- Toothbrush, dental floss
- Mess kit, eating utensils, cup, bowl, cooking pot, chopsticks
- Tea bags
- Binoculars
- Hacksaw blade or razor wire saw
- Cookware
- Plastic garbage bags
- Magnifying glass
- Over-the-counter medications
- Sun glasses
- Super Glue
- Salt, pepper, spices
- Razor for shaving
- Gloves – good quality work gloves
- Bandanas
- Security (firearm, ammo, sling shot, pepper spray, knife, weapon cleaning supplies)
- Feminine Hygiene (pads also used as pressure bandages)
- Winter – extra warm clothes, sleeping bags, blankets, hats, scarfs, balaclavas, heavy gloves,
- Hand warmers
- Lip balm
- Survival guide (SAS, FM 21-76)
- Tent – tube tent
- Tools (shovel, crowbar, screw drivers, saw, axe, pliers, vice grips, etc.)
- Lantern/fuel
- Spare shoes/boots and extra laces (550 cord)
- Clothes pins, safety pins, rubber bands
- More food (canned, dried, noodles)
- Signal flares
- Respirator or face masks (N95)
- Potassium Chloride tablets
- Sun block
- Caffeine pills (no-doz)
- Sleeping bags
- Herbal First Aid supplies and book
- Comb, hair brush
- Manicure set - clippers
- Heavy duty trash bags
- Scissors
- Sharpening stone or knife sharpener
- Webbing (nylon)
- Zip Ties
- GPS device
- Entertainment – games (backgammon, chess, cards, dice) paperback books – don't neglect comfort and entertainment
- Snare wire – 10-20 feet of 24-gauge wire
- Duct tape
- Surgical tubing
- Zip lock bags
- Sewing Awl
- Pencil and waterproof paper
- Toilet paper in zip lock bag
- Pocket chainsaw
- Trowel – plastic orange shovel
- Disposable sunglasses
- Prescription Eyeglasses backup pair (for \$8 -\$10 at www.zennioptical.com)
- Tarp
- Small Stove with fuel or Homemade Rocket Stove
- Water bottles or canteen
- Metal cup or small pot
- Camelbak pack with water bladder
- Signaling mirror or a CD can work
- Cell Phone
- Glow Sticks
- Vinyl or latex gloves
- Small musical instrument – harmonica, recorder,
- CHOCOLATE or other comfort foods
- Anything else unique to your wants and needs.

Start your 72 hour kits by highlighting those thing you want to add and start putting things into a box. Pick up a used gym bag, duffle bag or old backpack from D.I. A dedicated bag is best, rather than a backpack you may be using during hiking season.

Kyle Christensen * 2009 * Jason Christensen