

# Basic 72-Hour Emergency Kit

Why do I need a 72-Hour Emergency Kit? This will give you at least 3 days of being self sufficient and reasonably comfortable in most emergencies. Many relief agencies say it will take at least 3 days to set up relief efforts, possibly longer.

A basic emergency 72-Hour Kit is a must in today's rapidly changing world. It is highly recommended by the Red Cross and other disaster relief agencies. Many school systems are requesting children have a 72 Hour Kit at school, as they plan to keep the children at school in the event of an emergency.

A 72 Hour Kit should be kept at school or work, near your most used entrance at home and one in your car. It is an excellent idea to keep one close by at all times.

The kits listed below will help you build your own or use as a reference when buying a readymade one. MRE's (Meals Ready to Eat) or other food rations may be added to extend the useful life of the kit or to care for others. Keep in mind that you need one kit for each person.

## 72 hr Basic Emergency Kits

### Kit #1

#### Includes:

- (1) Convenient Carry Case
- (1) 2400 Calorie Food Pack
- (1) 8.45 oz. Water Blox
- (3) Emergency Blanket (Mylar)
- (1) "D" Cell Flashlight
- (2) "Industrial" Alkaline Batteries
- (1) 5-Function Knife
- (1) 28 Piece First Aid Pak
- (2) Latex Barrier Gloves
- (1) Butane Lighter
- (1) Whistle
- (1) 4" Lightstick
- (1) Tissue Pack
- (3) Waste Bags with ties
- (3) Survival Guide

### Kit #2

- (1) Durable Nylon Duffel Bag/Carry Case
- (1) 2400 Calorie Food Pack
- (3) 8.45 oz. Water Blox
- (1) Emergency Blanket (Mylar)
- (1) AM Transistor Radio
- (2) "AA" Alkaline batteries
- (1) "D" Cell Heavy Duty Flashlight
- (2) "D" Cell Alkaline Batteries
- (1) 15-function Swiss-Type Army Knife
- (1) 32 Piece First Aid Pack
- (1) Butane Lighter
- (1) Whistle
- (1) 6" - 12 hr lightstick (Green)
- (1) Tissue Pater Pack
- (3) Waste Bags w/Ties
- (3) Survival Guide