

General Army Navy Outdoor Store  
4974 So. Redwood Road  
Taylorsville, Utah 84123  
(801) 966-5556

## 72 Hour Kits HOME KIT

Bucket with lid - Stores the kit, also can be used for seat or toilet  
Small garbage/toilet bags - to be used with the bucket for toilet or wash bucket  
Food - 3 meals for 3 days (food that requires no refrigeration or cooking)  
Snack foods, comfort foods for small children, and special needs  
Water - 1 ½ gallons per person  
1 to 2 spare changes of clothing, extra socks, and a coat  
1 emergency blanket  
1 wool blanket  
Flashlight  
Batteries - stored outside of the flashlight  
P-38 can opener  
Hand warmers  
Waterproof matches  
Light sticks  
Poncho  
Utility Cord  
Tarp  
Candles

Small first aid kit  
Personal hygiene items  
Radio - solar &/or hand crank operated  
Aluminum cup or mess kit  
Water purification tablets  
Small backpack stove / fuel  
Safety pins  
Signal Mirror  
Personal Documents and medications  
Pocket Knife  
Whistle  
CASH - \$100.00 in small bills and change

**FOOTNOTE:** Remember that a 72 hour kit needs to be user friendly, so make sure the kit that you need to grab and run with is something that you can lift. Have smaller kits in the bedroom, car, and workplace if possible.

## INFANT / TODDLER

Clothing - 1 to 2 changes  
Warm Blanket  
Emergency blanket  
Diapers  
Baby wipes  
Light sticks  
Poncho  
Hand warmers

Food for 3 days  
Snack food for 3 days  
Water - 1 ½ gallons  
Toothbrush & toothpaste  
Facial Tissues  
Toy and stuffed animal  
Whistle  
Eating utensils

### FOOTNOTE:

- Insure that the food is appropriate for the child, and food that the child will eat.
- INFANTS: Keep a diaper bag packed and in an accessible place
- TODDLERS: have a very small backpack with their toys and snacks . All the other items should be in a kit that a parent or older sibling can carry.
- Children are very resilient. Make them feel that this is a big adventure. Stay calm and keep them as comfortable as possible.

## CHILD / TEEN

Food - for 3 days  
Snack / comfort foods  
1 to 2 changes of clothing  
Water 1 ½ gallons  
Facial tissue  
Poncho  
Emergency blanket  
Hand warmers  
Baby wipes  
Toothbrush and toothpaste  
Book - something a child would enjoy

Toy / game  
Hygiene items  
Toilet paper  
Light sticks  
Drinking cup  
Metal cup (for boiling water)  
Wing tip stove  
Trioxane fuel  
Matches  
Whistle  
Eating utensils

### FOOTNOTE:

Make sure that the kit is user friendly and age appropriate for the child / teen. Parents tend to be overprotective of their children. Older children are more stressed when they don't know what is happening. Be up front and honest with them. Older children can be a great help in a crisis situation. Allow older children to help. Give them assignments to do. Since you know your child's limitations, give them assignments that you are comfortable in letting them do.

## CAR KIT

Water - 2 to 5 gallons in multiple locations  
(trunk and under the seat)  
Water purification tablets  
Food - for 3 days - canned goods and snack  
foods that can be eaten cold  
P-38 can opener  
Emergency Mylar blanket  
Flashlight  
Batteries (stored outside of the flashlight)  
First aid kit  
Rope  
Tarp  
Radio - solar / crank powered  
Wool blanket / sleeping bag  
Shovel  
Hand warmers

Metal cup  
Candle  
Wing tip stove  
Trioxane fuel  
Matches  
Light sticks  
Poncho  
Facial tissue  
Toilet paper  
Garbage bags  
Whistle  
Compass  
1 to 2 changes of clothing  
Container - large enough to hold the kit, but able  
to fit in the car

### FOOTNOTE:

- Wrap the food and water in the blanket or sleeping bag and tarp to prevent freezing and to keep dry.
- Remember that the car kit can weigh more. It is more important to be prepared for any emergency, so you ACT, DON'T REACT, OR PANIC.
- Foods such as MRE's are sensitive to high temperature, and should not be kept in the car in the summer time. Foods such as canned foods and snack foods that are not heat sensitive are better for the summer.
- Canned goods and batteries should be rotated every 6 months. INSURE THAT THE CAR HAS A MAINTENANCE KIT THAT INCLUDES THE APPROPRIATE TOOLS, AND OTHER MAINTENANCE ITEMS (jack and lug wrench, fuses, tire iron, jumper cables, coolant, extra fan belt, fix-a-flat, etc.)

## **BEDROOM KIT**

Bucket with lid	Light sticks
Toilet paper	Matches
Toilet bags that can be closed off	Flashlight
Water - 1 ½ gallons for drinking and 1 ½ gallons for sanitation	Batteries - stored outside the flashlight
Baby wipes	P-38 can opener
Food - for 3 days - that needs no cooking or refrigeration	First aid kit
Emergency blanket - Mylar	Radio - solar / crank operated
Candles	Personal medications
	Extra blanket or sleeping bag

### **FOOTNOTE:**

- Make sure that everything in this kit is user friendly.
- Comfort is important.
- Insure that you ACT, DON'T REACT, or PANIC.
- This kit can be used as a back up for your grab and go kit if there is time.
- Be mindful of small children, the elderly, and others with special needs. Insure that their needs are met.

**By being prepared to ACT in an emergency,  
Needless worry and panic can be avoided**

**PREPAREDNESS IS THE KEY**