# 72 HOUR SUPPLIES

**FOOD: One Person**

3 pkgs. fruit leather (Sunkist)
3 pkgs. Granola bars (Nature Valley)
3 pkgs. Tang **AND** 3 pkgs. Powdered hot choc.
3 Breakfast bars (Carnation)
3 sm. envelopes Lipton Soup (veg.)
3 cans tuna fish or 4 ox. canned chicken (Swanson)
3 pkgs. Lifesavers (quick energy, moral booster)
Salt (sm. packet)
Plastic knife, fork, spoon; paper plates; bowls,
Metal cup(camping style for cooking & drinking)
Can opener
Napkins
Meals Ready to Eat (MRS) or canned meat, juices, soups, milk, fruits, vegetables, high energy foods (peanut butter, jelly, crackers, granola bars, trail mix, store foods high in calories)
Water: 2 gallons per person per day
when calculating include water for pets
purification pills, or alternative method for sterilizing water

**CLOTHING**

Sturdy shoes or work boots
Blankets and sleeping bags
Hygiene items: tooth brush, tooth paste, soap, towel, chap stick
One complete change of cloths, underwear & outerwear
Hat and gloves
Thermal underwear
Sunglasses
Insulated layers of clothing

**OTHER**

List of telephone numbers and addresses (family, doctors, etc.)
Special needs of infants, elderly, or special family situations
Extra set of keys for car & house
Keep gas tank in car above half full

**EQUIPMENT**

Flashlights, batteries, candles
Cash and Change $$
Tape (electrical duct)
Battery powered radio
Shovel (compact)
Emergency space blankets/sleeping bag
Paper & pencil
Rope

**IT IS RECOMMENDED THAT ALL ITEMS ARE PLACED IN ZIP LOCK BAGS TO PROTECT FROM MOISTURE OR ACCIDENTAL PUNCTURE.**

**IN YOUR 72 HOUR SUPPLY, HAVE COPIES OF BIRTH CERTIFICATES, HOME OWNER'S INSURANCE, AND LEGAL PAPERS. THESE SHOULD BE ENCLOSED IN WATER PROOF PLASTIC BAGS.**

**TAKE PHOTOS OF THE CONTENTS OF YOUR HOME, ALL YOUR VALUABLE ITEMS. USE A SEPARATE PHOTO CARD FOR THIS PURPOSE. STORE IN A VAULT, A BANK DEPOSIT BOX, OR SECURE PLACE. IT CAN BE USED TO VERIFY THE VALUE OF POSSESSIONS.**