



72-Hour Kit Challenge



Month	Financial	Supplies
1	Save \$20.00/family member	Where & How to Store
2	Save \$20.00/family member	Food
3	Save \$20.00/family member	Water
4	Save \$20.00/family member	Cooking Equipment
5	Save \$20.00/family member	Documents
6	Save \$20.00/family member	Create an Emergency Plan
7	Save \$20.00/family member	Clothing & Rotate Food
8	Save \$20.00/family member	Shelter & Bedding
9	Save \$20.00/family member	Lighting & Stress Factor Items
10	Save \$20.00/family member	Hygiene Products
11	Save \$20.00/family member	Medication & First Aid
12	Save \$20.00/family member	Tools & Equipment
13	Break your saved \$ into small bills and coins	Rotate Supply

Month 1

Financial Goal: Save \$20.00/family member

Supply Goal: Decide where and how to store your kit and the money you are saving.

Ideas: This is a kit you will need to be able to grab quickly.
 Try not to make it too bulky or difficult to handle.
 If possible, store in a cool, dry place, away from rodents, or children, who decide to snack on the goodies inside. 😊



Tips & Tricks

Each person has their own bag with a photo ID tag which includes contact information.

Month 2

Financial Goal: Save \$20.00/family member

Supply Goal: Prepare the food portion of your 72-hour kit.

Ideas: Pick foods your family will enjoy & are easy to prepare. Don't spend a lot of money. Compact foods, preferably that fit into a gallon-size zipper bag are best.

Granola Bars	Small Cans of Juice	Soup Mix Packages	Ramen Noodles	Beef Jerky
Fruit Leather	Hard Candy/Suckers	Gum	Oatmeal	Hot Cocoa Mix Kool-Aid
Singles	Cheese/Crackers	Peanut Butter	Canned Stew	Chili
Canned Chicken	Noodles	Applesauce	Pudding	Cookies
Canned Milk	Powdered Eggs	Trail Mix	Saltines	Canned Soup
Crackers	Fruit Cups	Vienna Sausages	Cereal	Fruit Snacks
Nuts	Power Bars	Tuna Fish	Pork & Beans	Salami
Dried Fruit	Graham Crackers	Vitamins	Infant Food	Animal Food
Salt & Pepper	Sugar	Oil	Gels/Chews	Gatorade
Ketchup	BBQ Sauce	Canned Fruit	Canned Veggies	



Tips & Tricks

Package each meal for each member in individual bags & label:

Day 1: Breakfast

Day 1: Lunch

Day 1: Dinner

Month 3

Financial Goal: Save \$20.00/family member

Supply Goal: Establish your water supply for your kit.

Ideas: It is recommended to store 1.5 gallons of water/person/day. That is about 4.5 gallons of water/person for your kit.



Tips & Tricks

1 case of 16oz water bottles from Costco is about the amount of water a family of 4 would need for 1 day.

Water purification tables are nice to have on hand just in case more water is needed.

Another useful item is a microfiltration system like the Playtplus Gravity Works found on Amazon for \$110

Month 4

Financial Goal: Save \$20.00/family member
 Supply Goal: Collect your cooking equipment.

Ideas: It's good to have a heat source available for warming food or boiling water.

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| Matches/Lighter | Sterno Canned Heat | Camping Stove | Fuel for Camping Stove |
| Fry Pan | Plate/Bowl/Cup | Utensils | Mixing Bowl w/Lid |
| Cooking Scissors | Sharp Knife | Cutting Board | Large Spoon/Spatula |
| Can Opener | Hot Pads | Table Cloth | Kitchen Towels |
| Paper Towels | Aluminum Foil | Ziplock Baggies | Tongs |
| Children's Cups | | | |



Sterno Canned Heat



Tips & Tricks

You can get a backpacking stove for \$15 on Amazon. We like the Etekcity Ultralight Portable Outdoor Backpacking Camping Stove

The Portable Camping Kitchen Utensil Set, 27-Piece Stainless Steel Outdoor Cooking and Grilling Utensil Organizer from Amazon is a great way to take care of much of this list. Cost is around \$50.

You can get a mess kit on Amazon for about \$10.

Month 5

Financial Goal: Save \$20.00/family member
 Supply Goal: Gather your important documents.

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| Ideas: | Birth Certificate | Marriage Certificate | Naturalization Papers |
| | Passports | Social Security Cards | Insurance Info. |
| | Bank Account Info. | Spare Keys | Emergency Numbers |
| | Family Phone Numbers | Health Insurance Cards | Immunization Records |
| | House Inventory | Family Keepsakes/Albums | Current Photos of Family & Pets |
| | Cash | ID | |

Tips & Tricks

Place items in a water tight container.

Organize papers in a 3-ring binder.



Month 6

Financial Goal: Save \$20.00/family member

Supply Goal: Create an emergency plan.

Create Your Disaster Plan

1. Discuss with the Family
 - The need for preparedness
 - The most likely disasters
 - Community warning signals
 - Evacuation Routes
 - What to do in each case of emergency
 - What to do when a disaster happens when you're apart (i.e. at school/friend's house/day care/etc.)
 - Assistance for family members with special needs
2. Pick 2 Places to Meet
 - One spot outside of the home (in case of a sudden emergency such as fire)
 - One spot outside the neighborhood (in case you can't return home; everyone should know address & phone)
3. Create a Family Contact
 - Ask an out-of-state friend/family member to be the "family contact"
(every family member should know this number -kids need to learn how to make long distance calls)
 - Give instructions to the "family contact" so you will have information that you need:
 - Where is the family member?
 - What is their condition?
 - What is their plan (if spouse)? or Instruct them to stay put (if child).
4. Decide What to do in an Evacuation (don't forget the pets).

Household Checklist

- Post Emergency Numbers by the Phone & teach children how to use
- Discuss what to do about power outages and personal injuries
- Know how to turn off gas/water/electricity
- Maintain adequate insurance
- Know how to work a fire extinguisher and where it is located
- Install Smoke Detectors
- Assemble your 72 hour kit
- Diagram & Practice Escape Routes (make sure to have 2 exits)
- Discuss safe spots in your home
- Learn basic first aid and CPR

Practice and Maintain Your Plan Every 6 Months

Review Your Plan

Replace Food Items in Kits

Test & Recharge Fire Extinguishers/Test & Change Batteries in Smoke Detectors

Work together with Neighbors to Save Lives and Property

Month 7

Financial Goal: Save \$20.00/family member
 Supply Goal: Gather a change of clothing and rotate your food.

Ideas:	Pants	Shirt	2 Pair Socks	Shoes
	Coat/Sweatshirt	Rain Gear/Poncho	Gloves	Hats/Beanies
	Infant Items	Elderly Items	Pet Items	Pajamas
	Underwear	Swim Suit		



Tips & Tricks:

*Make sure the clothing in your kit still fits every 6 months.
 You may want to wrap your clothing in plastic to keep dry.
 Sweat pants and shirts are great items.*

You only need 1 change of clothing for each family member.

Sweatpants are great to store.

Month 8

Financial Goal: Save \$20.00/family member
 Supply Goal: Organize Bedding

Ideas:	Tent	Sleeping Bags	Pillows/Air Pillows	Blankets
	Tarp	Air Pump	Cot/Hammock	Camping Chairs
	Portable Table	Ear Plugs		



Tips & Tricks

Inflatable pool mats from Dollar Tree can be used as sleeping mats.

For a pillow, you can stuff your sleeping bag cover with clothes.

Month 9

Financial Goal: Save \$20.00/family member

Supply Goal: Organize lighting and stress factor items.

Ideas: Candles Lantern Flashlight Headlamps
Light Sticks Batteries 2-Way Radios Cell Phone Cords
Portable Charger Pencil/Pen Notebook Cards/Games
Headphones



Tips & Tricks

Make sure battery ends aren't touching.

Activity Ideas:

coloring books, reading books, crayons, small toys, puzzles, games, magazines, paper, chalk, markers

Month 10

Financial Goal: Save \$20.00/family member

Supply Goal: Hygiene Items

Ideas: Hand Sanitizer Baby Wipes Chapstick Deodorant Toothpaste
Shampoo Soap Sunscreen Washcloth Towel
Cotton Swabs Comb/Brush Kleenex Toilet Seat Covers Tweezers
Nail Clippers/File Compact Mirror Vaseline Feminine Products Mosquito Spray
Toilet Paper Hair Ties Denture Care Glasses Contact Solution
Razors/Cream Garbage Bags Clorox Wipes Diapers Diaper Cream
Gel Air Freshener Sewing Kit Retainer Stuff Braces Care (wax)
Toothbrush



Tips & Tricks

Buy items you normally use, that way they are easy to rotate.

Month 11

Financial Goal: Save \$20.00/family member

Supply Goal: Medication & First Aid

Ideas:

Ibuprofen/Aspirin (adult/kids)	Benadryl (adult/kids)	Band Aids	Athletic Tape
Rubber Gloves	Alcohol Wipes	Eye Wash	Neosporin
CPR Mask	Burn Cream	Scissors	Ace Bandage
Gauze: Pads/Rolls	Pain Relief Rub	Cotton Swabs	Tongue Depressors (splint)
Q-Tips	Safety Pins	Rubber Bands	Thermometer
Cold Packs	Surgical Mask	Prescription Meds	



Ideas

*Prescription Medications (list of medications & dosages):
inhaler, insulin, heart & blood pressure medications*

Other Medications: cough syrup, expectorant, calamine lotions, laxatives, anti-diarrheal, pepto/tums, throat lozenge, ipecac syrup, burn gel, bite & sting kit, eye dropper, suction bulb, CPR & first aid instructions

Month 12

Financial Goal: Save \$20.00/family member

Supply Goal: Tools & Equipment

Ideas:

Multipurpose Tool	Duct Tape	Zip Ties	Pocket Knife
Rope	Hammer	Folder Shovel	Work Gloves
Sewing Kit			



Tips & Tricks:

It may be wise to learn how to handle sewage disposal, you can do so at the following web site:
<http://www.muni.org/Departments/OEM/Prepared/Pages/EmergencySanitation.aspx>

Month 13

Financial Goal: Break the money you saved into small bills & coins

Supply Goal: 1. Create a shopping list of what you will need to purchase each time you rotate your supply.

2. Rotate your supply every 6 months

3. Create a 3-month food storage supply

