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72-hour kit checklist



Food supplies:

- Soup (with a pop-top lid)
- Beef jerky or meat sticks
- Canned chicken
- Peanut butter
- Peanut butter crackers
- Fruit cups
- Apple sauce pouches
- Granola bars
- Yogurt raisins
- Baby food pouches
- Also a gallon of water per person per day plus one extra gallon for a baby drinking formula.
- Powdered coffee creamer
- Instant coffee
- Baby formula and bottles (if applicable)
- Shelf-stable milk

- Plastic cutlery and paper plates (you don't want to waste drinking water sanitizing dishes)

Emergency supplies:

- First aid kit
- Flashlights
- Small tool kit
- Crank radio
- Emergency blanket
- Poncho

Hygiene supplies:

- Shampoo
- Soap
- Hand sanitizer
- Baby wipes
- Diapers
- Toothpaste and brushes
- Toilet paper
- Paper towels
- Feminine supplies
- Brush
- Sunscreen
- Bug spray

- Vaseline (this works as lip balm, lotion and protects skin if you get a cut)

Emergency binder:

- (I will talk more about this later)
- A photocopy of birth certificates
- A photocopy of drivers license
- A list of medications
- Insurance policies
- Cash (enough for one week's expenses)

EMERGENCY CONTACTS::
