

# 72 Hour Kits, Go Bags, Various Kits

Source: *Tactical Intelligence* ([TacticalIntelligence.net](http://TacticalIntelligence.net)), Joel Skousen ([WorldAffairsBrief.com](http://WorldAffairsBrief.com)), Ed Brinton ([FamilyReady.net](http://FamilyReady.net))

Write and pack a list of all items inside your pack - it'll be great to know!

## The 10 Packs of Preparedness

- FOOD PACK
- WATER PACK
- POWER PACK
- MEDICAL PACK (First-Aid & Trauma)
- VEHICLE PACK
- TRAVEL PACK
- COMMUNICATIONS PACK
- HOUSEHOLD EQUIPMENT PACK
- DEFENSE PACK
- TOOL PACK

**PLAN • PACK • PRACTICE!**

## 72 Hour Kits

### Bedding

Emergency reflective blankets: light weight, compact, cheap, warm and waterproof. Sleeping bags: consider the temperature rating for your area. Keep sleeping bag in a nice nylon stuffing bag if not use a kitchen trash bag.

Fleece blankets: warm and cheap and go on sale after Christmas. If you have an extra closet in your home, use it for emergency supplies.

### Shelter

Tents: medium size tents are great, warm-waterproof-lightweight. If you have two man tents – great. Practice setting these up.

Tarp: use underneath the tent as an added barrier, build a lean to with it, or use as a rain shelter.

Rope: nylon rope is very useful such as securely tying things down.

### Clothing

Pick clothes that will work in most weather conditions. Items that are bigger than what is normally worn. Keep in back packs in your emergency closet. Also pack a change of clothes. Update every 6 months. Include work gloves and a Boonie Hat. (Covers Head, Ears, and Neck!)

### Personal Hygiene Items

Include toiletries, some sanitation items, small and lightweight bug spray, and sunscreen. Put items in several plastic Ziploc bags so they can be found quickly and prevents items from water damage. Contact lenses and solution.

### Activities

Pack a few items to be used at an emergency shelter. Put in Ziploc bags. Word games, small books, coloring books, crossword puzzles, etc. Copies of motivational talks, playing card games, note pads and pens. Small toys or stuffed animals.

### Food

Pick food your family likes to eat. Pick items that have a one year life span. Gallon Ziploc bags are great to keep items in. Label with date created. Bottled water is good in the packs but you will need extra, so store cases of water. A good time to rotate your food is Easter and Thanksgiving. Write a list of all items inside your pack - it'll be great to know!

### Food Prep

A five gallon bucket is a great container. Food prep items, enamelware cups (great to put them

in the fire to heat things. Silverware, napkins, and multi-tool (which includes scissors like Leatherman). Matches (in baggies), mess kits, foil, small roll of paper towels, small camp stove, fuel, small cooking knife. Manual can opener and gas shut of key.

## First Aid & Trauma Kits

High Quality and Long Lasting! Don't go with low quality here. It is some of the most important contents of your kit and preparedness. It may well save lives, many lives!

## Grab and Go Container ideas

- QUALITY Back packs are one of the fastest to grab for personal supplies. Don't forget a flashlight!
- Totes are great for bedding -water and other supplies.
- Buckets for items the whole family needs.
- Family tent in its own bag. Or if you have a small one attach it to your back pack.
- Duffle bags which are heavy duty and waterproof.
- Luggage: small kids might think they are going on vacation.
- Create a grab and go list.

## Prepare Evacuation List

- List the most important items you want to take. Make sure cash is on this list – just brain storm and start writing.
- Divide the list into four small lists, by 5 min, 15 min, 30 min, and 1 hour
- Now arrange items in your smaller list in the order you would grab them.
- Practice the evacuation with your family. Make lists. Hang them inside a cupboard door.

## Additional Emergency Supplies for Disaster

In a 5 gal bucket put the following items. Leather work gloves, large tarp, folding shovel, hatchet, whet stone, 50 ft. nylon cord, duct tape, small folding cook stove, small hand broom, pliers and wrench, and cow bar/pry bar. These items are great to have ready to grab for camping also.

## Additional Emergency Items

- 5 gallon bucket with toilet seat lid
- Cases of bottled water
- Totes
- Jug with spout
- Walkie Talkies
- Battery powered radio
- Chain saw and extra blades
- Extra fuel 5 gallon gas can

**T**here are so many hazards to prepare for no matter where you live. Because of those many hazards, it's important to establish a plan in the workplace, community, and individual household in order to ease the effects of a disaster or emergency situation.

Individual preparedness includes knowing the potential risks your home will have during a disaster and the ability to know how to implement your plan of action.