10 Things to Include in Your Emergency 72-Hour Kit

Categories: General Prepping

When a man-made or natural disaster strikes, many of the everyday services we use become non-operational. Often times we're left without working telephones, gas, electricity, running water, etc... Weather and road conditions might hinder maintenance crews and rescue personnel helpless.

That's why emergency preparedness experts recommend being prepared to be self-sufficient for three or more days. Many homesteaders, survivalists and preppers choose 72 hours kits for this purpose. When choosing or making your kit, make sure that it's easy to tote. Backpacks and bags on wheels are two good ideas. Also, store your kit in a place that you can access easily during an emergency.

10 Items to Put in a 72 Hour Kit

Some people choose to build their own 3-day kits. Others take a simpler approach and purchase pre-packaged kits. Either way, you need to ensure that these ten items are in your 72 hour kit:

1. Water – Experts recommend one gallon of water, per person, per day.
2. **Water Purifier** – Toting around multiple gallons of water can be almost impossible, especially for a large family. To ensure that you never run out of clean water during a disaster, purchase a water purifier or water filter.

3. **Non-Perishable Foods** – Non-perishables can be stored in your home for long periods of time. So, when you need them, they're still good for consumption. Canned food and freeze dried food both have long shelf lives. They are both great in situations where you're unable to cook. Both can be eaten without cooking.

4. **Cooking Supplies** – Buying a portable cooking device is a really good idea. There are some really great products around, such as charcoal and butane BBQ pits, volcano stoves, sun ovens, stove-in-a-can products, etc... Even if you resort to cooking over an open fire, you'll need pots, pans, stirring utensils, manual can opener, etc...

5. **Eating Utensils** – Canned foods are great because you can eat them right out of the can. But, even if your food storage contains freeze dried food, you'll need some forks and spoons to eat with. Also, pack a few lightweight bowls and plates as well.

6. **Basic First Aid Kit** – If your first aid kit no longer contains the instruction manual, you need to get another one quickly. Search online and find yourself another manual and put it in your first aid kit. Remember that basic first aid could potentially save lives until medical help arrives.

7. **Important Documents** – Keep all of your important documents in one folder. Some of these docs should include birth certificates, passports, lists of important phone numbers and account numbers, as well as cash. (Remember, ATMs will probably be down.)

8. **Clothing** – Pack warm clothing, heavy work gloves and shows, as well as rain gear for all household members. Make sure everyone's covered for three days.

9. **Personal Hygiene** – By all means, don't forget the hygienic necessities. Pack toilet paper, toothbrushes, toothpaste, soap, deodorant, hand sanitizer, baby supplies, feminine supplies, etc...

10. **Warmth** – Don't forget to include warm blankets and/or sleeping bags in your 72 hour kit for everyone. You'll need to stay warm at night.

**Author Bio**

This content was written by Chett Wright an emergency preparedness expert. Be prepared to be self-sufficient during a crisis situation. Order your [72 hour kit](http://knowledgeweighsnothing.com) today.