

Syracuse South Stake Neighborhood 72 Hour Kit List

The objective of the family 72-hour Emergency Preparedness Kit is to have, previously assembled and placed in one location, all of those essential items you and your family may need during a 72 hour time period following an emergency or disaster.

Take the time now to gather whatever your family needs to survive for three days (72 hours) based upon the assumption that those items are the only possessions you will have. Store these kits in a closet near the front door or some other place where they can be quickly and easily grabbed on the way out the door. Pack all items in a zip-lock type bags to keep them dry and air tight. This will prevent any liquid from spilling and ruining items in your kit and to keep rain and other forms of moisture away from the items stored. It will also help prevent insects and rodents from the contents of your kits. Keep a list of the dates when certain items may need to be replaced, especially foods, outgrown clothing, medications and first aid supplies so that they may be properly rotated as the dates expire. It is recommended to go through your kit at least once a year replace these type of items.

Some items (like medication) may need to be stored in another location (ie. medication that must be refrigerated or sleeping bags with camping gear). Have a list of those items attached to your 72 kit so in an emergency you have a checklist handy to gather those items quickly if needed.

FEAR may well be responsible for more deaths than exposure, hunger and injury combined. Realizing you have fears and that these are normal emotions in unfamiliar situations, you will be aware of them and better able to cope with them as they appear. Fears can be expected in any emergency. Fear of the unknown and fear of your ability to cope with the situation will be foremost, along with a fear of being alone, darkness, suffering and even death. Fear is usually based on lack of self-confidence and a lack of adequate preparation and experience. Knowledge, experience (practice sessions) and knowing how your gear works, will help to instill confidence and help to control fear.

How does this list work?

- First, read the entire document noting that the last 4 pages are the “Master List”.
- Second, using the “Master List” gather all the items you currently have in one location such as a backpack, and check them off as you go. This is the beginning of your 72 Hour Kit.
- Third, go back to the top of the “Master List” and gather the **BOLD** (these are the must have items that every kit needs to have in them) items and cross those items off the list as time and budget allow.
- Fourth, go back to beginning of the “Master List” and collect the non-bold items last.
- *Note:* items with an asterisk* can be split between family members kits. Only 1 asterisked* item is needed per family not per kit.

- CONTAINER for your 72 Hour Kit

The container you choose for your kit must be waterproof, have some type of carrying handle, and must be able to be carried easily by family members. The following are good containers; backpacks, belt-pack/fanny pack, suitcase, polyethylene plastic bin, duffle bag, trunk, footlocker or plastic garbage can with wheels.

- WATER

Advised amounts of water for a kit will vary. The Utah County Sheriff's office recommends a minimum of 2 quarts per day for each adult. However, a person can survive quite well on less, and the load of carrying 6 quarts of water in a pack is heavy. Outdoor survival course veterans agree that a 2 quart-liter bottle would be adequate for most people. Somewhere between 2-6 quarts should be adequate per person. Pack water for what your needs may be. When looking to purchase a water filter, look for the word "Purifier" in the title. Filters are great for backpacking trips but you need the extra protection from viruses that only a purifier in your kit will do. There are many brands out there. Your local sporting goods store will have the tried and tested brands. This is a very important item for your kit. This is one item you don't want to try and save a dollar.

- Canteen/water bottle-stored full
- *2 out of 3 below:
 - Purification tablets
 - Water Filter/Purifier
 - UV Light/Steripen
- Alpine/Sierra/Camp cup

*Recommended for a couple or family:

- 5 Gallon jug/container-filled (used in an evacuation by car situation, leave behind if you have to evacuate on foot)
- Clear sheet of plastic 6'x6'
- 6 feet of tubing

- FOOD

Your 72 hour kit should include a three-day supply of non-perishable food. Your food should be compact and lightweight, in sealed packages. MRE's (Meals Ready to Eat) are a good choice because they require little preparation. Freeze-dried foods are lightweight but require extra water in your kit so pack enough water to both cook and drink with. Canned goods are heavy, but do last a long time and don't forget to pack a can opener. Plan nutritionally balanced meals, keeping in mind that this is a survival kit. You may want to include vitamins or other supplements to balance it out. Eating right and being healthy are important at this time. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content. Possible foods for a kit might include:

- | | | |
|---|--|--|
| - Ready to eat canned meats, fruits and vegetables | - Dried soup | lollipops, instant hot drinks and gum |
| - Canned juices, milk, soup (if powdered, pack extra water) | - PB & J packets | - Eating utensil set |
| - Staples--sugar, salt, pepper, etc. | - Crackers | - *Can opener, "P38" |
| - Instant oatmeal | - Granola Bars | - Aluminum foil-folded sheets |
| - Beef jerky | - Trail mix | - Cook set or Cooking pot/ Sierra cup |
| - Bouillon cubes | - Dried Fruits | - *Pack stove/Sterno/Fuel tabs |
| - Raisins/nuts | - Instant pudding | - *Scouring soap filled pads/ washrag and dish soap, SOS pads. |
| - Instant rice/potatoes | - Powder drink mix | |
| | - Comfort food--cookies, hard candy, sweetened cereal, | |

Consider:

- Foods for infants, elderly or persons with special dietary needs

- FIRST AID

Time to update your first-aid skills. Take a basic first-aid class from the Red Cross or local community center. Purchase a good first-aid pocket book to place in your kit. Just like food, some items in your first-aid kit need to be rotated when they expire. Each person in your family should have a personal first-aid kit in their pack. There should also be a second "group first aid kit" that contains these items *.

- Waterproof container
- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- 2-inch sterile roller bandages (2 rolls)
- Antiseptic
- Latex gloves (4 pair)
- First aid book
- Antiseptic cream/Neosporin
- Prescription drugs
- Moistened towelettes
- Assorted sizes of safety pins
- Lip balm with sunscreen
- Hydrogen peroxide/alcohol
- ID/medical permission card
- Triangular bandages (3)
- Tongue blades(2)
- Cotton balls
- Cotton swabs (Q-tips)
- *Mosquito repellent
- *Sunblock
- *4-inch sterile gauze pads (4-6)
- *3-inch sterile roller bandages (2 rolls)
- *Scissors
- *Tweezers
- *Thermometer
- *Petroleum jelly or other lubricant
- *Cleansing agent/soap
- *Butterfly bandages
- *Cold pack
- *Consecrated oil
- *Smelling salts
- *Medicine dropper
- *Small spool thread/two needles
- *Blister kit-mole skin

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Benadryl
- *Anti-diarrhea medication
- *Antacid
- *Laxative
- *Activated charcoal
- *Decongested medicine
- *Vitamins

Items if you have infants:

- Tylenol (chewable for kids)
- Benadryl
- Baby wipes
- Dipper rash cream
- Formula
- Diapers
- Bottles
- Pacifiers

For Adults:

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Hearing aid batteries

- CLOTHING, SANITATION & BEDDING

Clothing

Include in your kit, one change of clothing and footwear, preferable work clothing. Anticipate severe weather conditions both hot and cold. If you have a growing family remember to update clothing sizes and needs at least once a year. Try to avoid wearing cotton clothing. Tight cotton clothing holds water next to the skin. This increases the chance of hypothermia. Wool clothing is best. Wool is a natural thermostatic insulator that keeps you warm in winter and cool in the summer. It is naturally durable and can withstand rugged and tough wear. Wool also repels water and has the unique property of keeping the body warm even if it gets wet. Wool dries from the inside out and does not wick. Include two pairs of wool socks-one pair for wearing during the day and the second to keep your feet and the rest of your body warm while sleeping at night.

- Jacket/coat/parka
- Hat
- Gloves
- Thermal underwear
- Socks
- Underclothing
- Shirt, long sleeve
- Pants, long
- Bandanna/balaclava
- Space Blanket
- Sweater/vest
- Sturdy shoes or work boots
- Blankets or sleeping bag
- Sunglasses
- Shirt, short sleeve
- Shorts
- Poncho

Sanitation

Keep in mind sanitation is not just about human waste but also trash and garbage. All waste, trash and garbage will bring unwanted bacteria, virus, disease, and rodents. Even after a disaster you still need an area that is free from all sanitation issues.

- *One 6-gallon bucket w/ tight fitting lid
- *Three (3) rolls of toilet paper
- *One (1) snap-type toilet seat with lid
- *Ten 13 gal. plastic garbage bags
- *Seven 30 gal. heavy duty garbage bags
- *Twelve (12) plastic grocery bags
- *One (1) bottle of 3% hydrogen peroxide
- *One (1) bottle of white vinegar
- *One (1) 2 liter bottle of water
- *One (1) bottle of hand sanitizer
- *One (1) roll of paper towels
- *Seven (7) pairs disposable latex gloves
- *One (1) box of baking soda
- *Two (2) spray bottles
- *One (1) container of poo-powder/bio gel/kitty litter

Additional Items to consider adding: more toilet paper, water, sanitary napkins and/or tampons; a camping shovel; dust masks; a bag of lime; additional garbage bags of both sizes; personal hygiene kits for each family member; diapers if needed; rags for cleaning; used grocery bags for trash waste and anything else your family may need.

Hygiene

- One (1) toothbrush
- One (1) toothpaste
- One (1) deodorant
- One (1) brush/Comb
- Soap and wash cloth
- One (1) travel size shampoo
- One (1) sunscreen
- One (1) insect repellent

Additional Items to consider adding: razor, shave cream, band-aids, pack of facial tissue, safety pins, hand lotion, lip balm, finger nail clipper and small bottle of hand sanitizer.

If you have small children please adjust their sanitation and hygiene kits to fit their needs.

Here is a basic baby sanitation kit. This is an addition to what you have already put together in the Adult Kit. Please add to fit your kid(s)needs:

- 96 oz of water (can cover a baby drinking up to 32 oz a day)
- Formula –POWDERED ONLY – be sure you have at least 48 scoops worth
- 2-5 bottles and nipples (the more you have the less you have to boil and wash them)
- A pack of diapers (or more)
- 2 packs (72 count) of Diaper wipes – they can be used for cleaning as well as diaper changes
- Clothes- I recommend packing 2 sizes too big. Its much easier to put them into something that's too big than too small.
 - o 5 onesies
 - o 5 footie pajamas
- o 2-3 pairs of pants
- o 6-10 pairs of socks – they can double as mittens for keeping hands warm too
- Burp rags, or smaller blanket
- One (1) emergency blanket, they retain more heat and can be used outside of the more comfortable receiving blanket
- Three (3) pocket hand warmers
- Thermos (acts like a mini fridge or can keep formula warmer longer)
- Teething tablets or gel (for older infants you can add this later)
- Pedialyte or singles equivalent
- 1-2 boxes of nursing pads (if disposable, reusable will require laundry and bleach daily)
- Baby wash and lotion
- 2 pacifiers (even if you don't plan on using them pack them).
- Infant Tylenol and Motrin (which is best for teething)
- Bulb syringe
- Baby powder
- Diaper rash cream
- 2 receiving blankets
- Ziplock baggies (gallon size) for stashing dirty clothes and diapers
- Consider packing a small camp stove for boiling water for sanitizing.

Bedding

Bedding should be warm, lightweight, comfortable, waterproof and compact.

- Sleeping bag should be rated at 20 degree or colder.
- Sleeping pad. Under your sleeping bag you will need some sort of insulation to protect you from the cold ground. Most of your heat at night sleeping is lost through the ground. Though foam pads are generally thought of as an item of comfort, their true importance is in insulating you from the ground. The best types are 'closed cell' foam pads of at least 3/8 of an inch in thickness. They are lightweight and easily attach to your backpack for carrying.
- Blankets can be used to make a bed roll but generally they are not as comfortable nor as warm as a sleeping bag. Wool blankets are the best since they retain their warming ability even when wet. However, blankets are very heavy and bulky.
- Space blankets (aluminum coated Mylar) are very effective at retaining body heat and are a must for every 72 hour kit. Even when used by themselves, without the added benefit of a sleeping bag they will keep you warm during the night. In cold winter weather they may not be entirely comfortable but they will keep you alive. Being plastic, however, they are impervious to moisture. This is good for keeping out the rain and elements but they also retain sweat and condensation from breathing. You may find that periodically during the night you will have to air it out in order to sleep comfortably. They can also be used during the day to protect from rain, sun and the elements.

- SHELTER

The object of shelter is to provide emergency housing and to be protected from the elements. There are many types of shelter that can be easily included in your 72 hour kit. You may want to consider a family size car camping tent, backpackers tent, tube tent, rain poncho, garbage bags, nylon rope, duct tape if needed to make or repair your shelter. Always consider evacuation by walking out when considering your shelter.

- TOOLS

- | | | |
|--|------------------------------------|-----------------------------|
| - Emergency preparedness manual | - Extra house, car, ATV, ect. keys | - *Binoculars |
| - Portable, battery operated radio and spare batteries | - *50 ft. nylon cord/para cord | - *Sharpening stone |
| - Swiss army knife or Leatherman multi-tool | - *Tent | - *GPS |
| - Duct tape | - *Ground cloth/tarp | - *Assortment of hand tools |
| - Whistle | - *Two way radio's | - *Hatchet |
| - Compass | - *Battery pack/solar charger | - *WD40 |
| - Watch | - *Flares | - *Krazy Glue |
| | - *Strobe light | - *Hacksaw blade |
| | | - *Compact fishing kit |

- LIGHT, HEAT & FIRE

Fire

Every family member should have fire starting tools and know how to start a fire with these items. Several of these items should be assembled into a kit and labeled as 'fire starting'. Teach all family members how to use them and let them practice building fires with all methods until they feel totally confident with their ability to do so. Even little children 5 or 6 can be safely instructed in correct fire building techniques under proper supervision. Then if an emergency arises, they will not panic or feel overwhelmed or frightened at the prospect of building fire for their warmth and protection. Some different sources are:

- Matches. Carry at least two dozen wooden kitchen matches that have been either dipped in wax or nail polish to make them waterproof or carry them in a waterproof container.

Metal match. Waterproof, durable and non-toxic, will light thousand's of fires. Available at sporting good stores.

- Butane lighters. Such as Bic or Zippo lighters, are excellent ways to light a fire.

- Magnesium fire starters are good for starting fires with wet or damp wood. Shave magnesium shavings off of the block with a pocket knife and then strike a spark from the flint side with a pocket knife. Magnesium burns exceptionally hot and will ignite almost any combustible material. Works even when wet and can be purchased at most sporting good stores.

- Small magnifying glass. Use to concentrate sunlight onto paper, shredded bark or other tinder.

- Flint & steel. A spark from flint and steel (such as an empty cigarette lighter or flint and steel striking bar), when directed at dry paper (especially toilet tissue), shredded bark, dry grass or other tinder, if persisted and patiently will work very well to start a fire. This is the most reliable "non-match" method of starting a fire.

- Commercial fire starter kits. These come in a variety of styles and techniques. Most work off the flint and steel concept. Try before you buy, if you can.

- Steel wool. Fine steel wool (used for scrubbing pots and pans- but not SOS pads or other types that have soap already impregnated into them) can be used for tinder. Hold two "D" or 9 volt size battery in one hand while touching one end of a clump of steel wool to the positive side and the other end of the steel wool to the negative side of the battery. The current causes the steel wool fibers to incandesce and then produce flame. It burns very hot and fairly fast so have lots of tinder to burn ready when igniting the steel wool.

- Car Battery. If you are near your car you can easily put sparks into tinder by attaching any wires to the battery posts and scraping the ends together in the tinder. Please be careful with this one.

- Sterno fuel and stoves make an excellent cooking fuel when backpacking or in emergencies. Sterno can be lit with a match or by a spark from flint and steel. Slivers of gelled sterno can be cut from the can and placed into tinder and lit with flint and steel or with a match. It burns hot enough to ignite even damp tinder.

- Cotton balls and gauze from a first aid kit make excellent tinder. Even better is to get wipe the cotton ball with Vaseline from your first aid kit and then ignite the greasy cotton ball with any of the ways above mentioned.

- Fuel tablets such as tri-oxane and gelled fuels store well and ignite quickly and easily. Some can be fairly expensive, however.

- Butane and propane stoves. These are made especially for backpackers. The fuel is cheaper than sterno, it burns hotter and it heats better in windy situations than other fuels. Pro-pane, however is more difficult to light as outside temperatures near zero or at high altitudes above 10,000ft.

- | | | |
|--------------------------------------|-----------------------------------|--------------------------|
| - LED Flashlight and spare batteries | • Bic Lighter | - Chemical heat packs |
| - 2 of 3: | • Matches in waterproof container | - Chemical light sticks |
| • Flint Steel/Magnesium block | - Candle Lantern | - *Packable Lantern |
| | | - *Spare lantern mantels |

- SPECIAL ITEMS

Family Information Records

In addition to emergency survival supplies you should also packed, vital family information. Record with your cell phone, a video of everything in your home and property. Then send it to your email account for permanent record. If you ever have a house fire, then you will be able to pull up the video to show to your insurance company. Record and keep all of these records in at least two safe places. Consider getting a fire resistant “fire box” that you can take with you if you have to leave your home, and a safe deposit box at your bank or credit union. The following items would be essential for your record and keep in those two locations:

Important Family Documents.

Scan this info on a zip drive and a hard copy and place in your 72 hour kit.

- | | | |
|---|--|--|
| - Genealogy records | - Citizenship papers | ☉Schools |
| - Full name and social security numbers of all family members | - Letter of instruction | ☉Fire/paramedics |
| - Listing of vehicles, boats, etc. with identification and license numbers | - Tax returns (last 5 years) | ☉Utility companies |
| - Listing of all charge account card numbers and expiration dates, bank account numbers (both checking and savings) | - Passwords to everything you have | ☉Police/sheriff/UHP |
| - Insurance policy numbers | - Photo IDs | ☉Doctors |
| - Securities, deeds, and loan numbers showing company name, address and phone numbers. | - Current family and individual photos | ☉Hospital |
| - Driver license | - Immunization records | ☉Attorney |
| - Will | - Inventory of valuable household goods | ☉Federal Government/Civil Defense |
| - Vehicle titles | - Personal phone book/note book | |
| - Birth/death certificates | Name, address, and phone number of: | - Cash and Coins. \$100 in small bills |
| - Social security ID cards | ☉Friends and family | - Credit card (spare) |
| | ☉Employer | - Debit card (spare) |
| | | - Bank checks |

Entertainment-Games and Books

Head to the dollar store and pick up some of these:

- Army men
- Tennis ball
- Deck of cards/Uno
- Jacks
- Marbles
- Coloring books/crayons
- Special blanket or stuff animal
- Pen, pencil & note pad

- OTHER CONSIDERATIONS

Infants

When assembling items for your 72 hr kit be sure to include all necessary items for infants. It would be a good idea to include a separate backpack or other container that holds nothing but infant supplies (which can be surprisingly voluminous). This kit should be kept with the kits of other family members so that it will not be forgotten in a moment of haste. As the baby begins to grow, replace clothing and diapers with the next larger size.

Car Mini-Survival Kit

Your car is frequently your home away from home. Most of us spend many hours in a car each month just commuting to and from work. Anything from jammed up freeways to a major disaster could force you to rely on your car for the short-term shelter and survival. It is a wise practice to keep simple provisions for emergencies in your car. A self made cold weather car kit is recommend for the winter months.

At-Work Survival Kit

Many people stand a 40% chance of being at work when an earthquake or other emergency strikes. A mini-survival kit kept at your place of work could make the hours until you are able to get home more comfortable and safer. This kit could be a duplicate of the car mini-survival kit.

- MASTER LIST

WATER

- Canteen/water bottle-stored full
- *2 out of 3 below:
- Purification tablets

- Water Filter/Purifier
- UV Light/Steripen
- Alpine/Sierra/Camp cup
- *Recommended for a couple or family:

- 5 Gallon jug/container-filled (used in an evacuation by car situation, leave behind if you have to evacuate on foot)
- Clear sheet of plastic 6'x6'
- 6 feet of tubing

FOOD

- Ready to eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, pack extra water)
- Staples--sugar, salt, pepper, etc.
- Instant oatmeal
- Beef jerky
- Bouillon cubes
- Raisins/nuts
- Instant rice/potatoes

- Dried soup
- PB & J packets
- Crackers
- Granola Bars
- Trail mix
- Dried Fruits
- Instant pudding
- Powder drink mix
- Comfort food--cookies, hard candy, sweetened cereal,

- lollipops, instant hot drinks and gum
- Eating utensil set
- *Can opener, "P38"
- Aluminum foil-folded sheets
- Cook set or Cooking pot/ Sierra cup
- *Pack stove/Sterno/Fuel tabs
- *Scouring soap filled pads/ wash rag and dish soap, SOS pads

Consider:

- Foods for infants, elderly or persons with special dietary needs

FIRST AID

- Waterproof container
- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- 2-inch sterile roller bandages (2 rolls)
- Antiseptic
- Latex gloves (4 pair)

- First aid book
- Antiseptic cream/Neosporin
- Prescription drugs
- Moistened towelettes
- Assorted sizes of safety pins
- Lip balm with sunscreen
- Hydrogen peroxide/alcohol
- ID/medical permission card
- Triangular bandages (3)

- Tongue blades(2)
- Cotton balls
- Cotton swabs (Q-tips)
- *Mosquito repellent
- *Sunblock
- *4-inch sterile gauze pads (4-6)
- *3-inch sterile roller bandages (2 rolls)
- *Scissors

- *Tweezers
- *Smelling salts
- Benadryl
- *Thermometer
- *Medicine dropper
- *Anti-diarrhea medication
- *Petroleum jelly or other lubricant
- *Small spool thread/two needles
- *Antacid
- *Cleansing agent/soap
- *Blister kit-mole skin
- *Laxative
- *Butterfly bandages
- *Activated charcoal
- *Cold pack
- Non-prescription drugs:
- *Decongested medicine
- *Consecrated oil
- Aspirin or non-aspirin pain reliever
- *Vitamins

Items if you have infants:

- Tylenol (chewable for kids)
- Formula
- Benadryl
- Diapers
- Baby wipes
- Bottles
- Dipper rash cream
- Pacifiers

For Adults:

- Heart and high blood pressure medication
- Denture needs
- Insulin
- Contact lenses and supplies
- Prescription drugs
- Hearing aid batteries

CLOTHING, SANITATION & BEDDING

- Jacket/coat/parka
- Shirt, long sleeve
- Blankets or sleeping bag
- Hat
- Pants, long
- Sunglasses
- Gloves
- Bandanna/balaclava
- Shirt, short sleeve
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- Space Blanket
- Shorts
- Socks
- Sweater/vest
- Poncho
- Underclothing
- Sturdy shoes or work boots

Sanitation:

- *One 6-gallon bucket w/ tight fitting lid
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- *Seven 30 gal. heavy duty garbage bags
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- *One (1) bottle of white vinegar
- *One (1) 2 liter bottle of water
- *One (1) bottle of hand sanitizer
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- *One (1) box of baking soda
- *Two (2) spray bottles
- *One (1) container of poo-powder/bio gel/kitty litter

Additional Items to consider adding: more toilet paper, water, sanitary napkins and/or tampons; a camping shovel; dust masks; a bag of lime; additional garbage bags of both sizes; personal hygiene kits for each family member; diapers if needed; rags for cleaning; used grocery bags for trash waste and anything else your family

Hygiene:

- One (1) toothbrush
- One (1) toothpaste
- One (1) deodorant
- One (1) brush/Comb
- Soap and wash cloth
- One (1) travel size shampoo
- One (1) sunscreen
- One (1) insect repellent

Additional Items to consider adding: razor, shave cream, band-aids, pack of facial tissue, safety pins, hand lotion, lip balm, finger nail clipper and small bottle of hand sanitizer.

If you have small children please adjust their sanitation and hygiene kits to fit their needs.

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- 2 packs (72 count) of Diaper wipes – they can be used for cleaning as well as diaper changes
- Clothes- I recommend packing 2 sizes too big. Its much easier to put them into something that's too big than too small.
- o 5 onesies
- o 5 footie pajamas
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- Burp rags, or smaller blanket
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- Thermos (acts like a mini fridge or can keep formula warmer longer)
- Teething tablets or gel (for older infants you can add this later)
- Pedialyte or singles equivalent
- 1-2 boxes of nursing pads (if disposable, reusable will require laundry and bleach daily)
- Baby wash and lotion
- 2 pacifiers (even if you don't plan on using them pack them).

- Infant Tylenol and Motrin (which is best for teething)
- Bulb syringe
- Baby powder
- Diaper rash cream

- 1-2 receiving blankets
- Ziplock baggies (gallon size) for stashing dirty clothes and diapers
- Consider packing a small camp stove for boiling water for sanitizing.

TOOLS

- Emergency preparedness manual
- Portable, battery operated radio and spare batteries
- Swiss army knife or Leatherman multi-tool
- Duct tape
- Whistle
- Compass
- Watch
- Extra house, car, ATV, ect. keys
- *50 ft. nylon cord/para cord
- *Tent
- *Ground cloth/tarp
- *Two way radio's
- *Battery pack/solar charger
- *Flares
- *Strobe light
- *Binoculars
- *Sharpening stone
- *GPS
- *Assortment of hand tools
- *Hatchet
- *WD40
- *Krazy Glue
- *Hacksaw blade
- *Compact fishing kit

LIGHT, HEAT & FIRE

- LED Flashlight and spare batteries
- 2 of 3:
 - Flint Steel/Magnesium block
 - Bic Lighter
 - Matches in waterproof container
- Candle Lantern
- Chemical heat packs
- Chemical light sticks
- *Packable Lantern
- *Spare lantern mantels

SPECIAL ITEMS

Family Information Records

- Genealogy records
- Full name and social security numbers of all family members
- Listing of vehicles, boats, etc. with identification and license numbers
- Listing of all charge account card numbers and expiration dates, bank account numbers (both checking and savings)
- Insurance policy numbers
- Securities, deeds, and loan numbers showing company
- name, address and phone numbers.
- Driver license
- Will
- Vehicle titles
- Birth/death certificates
- Social security ID cards
- Citizenship papers
- Letter of instruction
- Tax returns (last 5 years)
- Passwords to everything you have
- Photo IDs
- Current family and individual photos
- Immunization records
- Inventory of valuable household goods
- Personal phone book/note book
- Name, address, and phone number of:

●Friends and family

●Police/sheriff/UHP

●Employer

●Doctors

- Cash and Coins. \$100 in small bills

●Schools

●Hospital

- Credit card (spare)

●Fire/paramedics

●Attorney

- Debit card (spare)

●Utility companies

●Federal Government/Civil Defense

- Bank checks

Entertainment-Games and Books

Head to the dollar store and pick up some of these:

- Army men/action figures

- Tennis ball

- Deck of cards/Uno

- Jacks

- Marbles

- Coloring books/color pencils

- Special blanket or stuff animal

- Pen, pencil & note pad