



72 HOUR KIT

LEVEL	ITEMS	BEST PRICES
1	Bag Water - 8 bottles or 32 mylar packets (<i>per US Coast Guard, try not to drink water first day of emergency to avoid stress drinking.</i>)	Sam's/Costco www.edisastersystems.com
2	Food (bar, freeze dried or dehydrated – ex. Mountain House, MRE's – only if storing kit in house)	Walmart www.beprepared.com
3	Medication Feminine hygiene products/diapers Toilet paper with roll removed in ziploc bag 1 st Aid kit Tooth paste & tooth brush Radio with batteries or solar powered Flashlight with batteries Washcloth or baby wipes Plastic utensils Work gloves Duct tape Polycord Shovel – collapsible with cutting edge, fishing line, compass Tent/Shelter Trashbag Candle and matches Light sticks – 2 for 2 nights Comb or brush Mylar blanket Mylar sleeping bag Whistle Pen & paper Chapstick Hand sanitizer Book/Games Change of clothes and underwear Socks & Shoes Money in small bills Book of Mormon	Walmart Target www.beprepared.com Amazon www.edisastersystems.com

