

72 Hour Survival Kit

By Holly Deyo

NOTE: THESE PAGES HAVE BEEN DRAMATICALLY UPDATED IN
DARE TO PREPARE – 2ND EDITION

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OVERVIEW of the 72hr LIST
“Why Should We Store Provisions?”
Updated February 15, 2003

Whether you believe in Bible prophesy or not, whether you believe futurists like Edgar Cayce and Gordon-Michael Scallion or whether you have merely looked around and figured things are a little bit off kilter, it makes good practical sense to keep extra food, water and first aid supplies on hand.

If you have been busy the past six years and missed the effects of El Nino, go to any web site that discusses our changing weather. Frequently it is heard in the news, read in the paper and spread on the Internet. It has affected and will continue to affect crops, animal and human life; ocean temperatures and nearly everything formerly believed to be constant in our lives.

On September 19, 1997 over Art Bell's Coast to Coast AM radio program heard by 18 million listeners; Art, Gordon-Michael Scallion and my husband, Stan Deyo, discussed the effects El Nino forced onto our environment. It can no longer be shrugged off as a passing strange event. The weird has now become the norm and it is impacting all of our lives in a soon-to-be devastating way.

The Sun which has always been a “taken-for-granted” constant is now considered “unstable”. As of 1991, it began emitting two new rays and once-rare, solar flares and CMEs are disrupting our lives with increasing frequency. New, frightening diseases are appearing and formerly controlled bacteria and viruses are re-emerging only to be found drug-resistant.

Wheat, cotton and corn crops are seeing more severe droughts. Grain stores are down. Fish, frogs and microorganisms are sick and/or mutating. Places that don't need rain are pelted with too much. The Larson and Ross Ice Shelves, due to significant ocean heating, are breaking apart. Significant melting would cause massive coastal flooding and could lead to polar shifts. These are no longer “airy-fairy, what-if” scenarios nor are they products of Millennium Fever. That's over, but now terrorism is in our midst - something we hoped would remain in nightmares only. These major concerns are bearing down on us and it is up to each person to set aside provisions.

Growing up my mother always kept a stash of canned goods, packaged foods, toilet paper, disinfectant, candles, blankets, and other usable items in our crawl space. Foods were neatly lined upon makeshift shelving, rotated into meals toward expiration and replaced upon consumption. When asked why she stored things, she never really pinned it down. It might have been still vivid memories of the Great Depression or that underlying sense of unease most of us have felt for some time now. Whatever the reason, she passed on the baton of emergency preparedness.

We were blessed not to have endured the destructive forces of hurricanes, earthquakes, unemployment and civil unrest; but in Missouri, we certainly experienced power outages from tornadoes, blizzards, ice storms and flooding. Twisters ripped through Tornado Alley - often enough to make us wary of anvil-shaped clouds. On several occasions we were certainly glad Mom had squirreled away plenty of food, candles and extra blankets. I suspect these occurrences are only a whiff of what is in store for planet Earth. It does say in Scripture that hard times are coming and I think they are just around the corner.

With that cheery thought, we encourage each of you to do several things. First and foremost, have a daily chat with the Lord. He will point you in the right direction and help with the hard decisions. Times ahead will certainly be scary and it helps to know He is on your side.

Next, take positive steps to organize your household with the following pages as guidelines. These lists were researched and cross-referenced through many organizations such as FEMA; Australia's EMA; American Red Cross; USGS-NEIC; New Zealand and Canada's government prep sites plus countless other disaster preparation areas and survival specialists. We have made these suggestions simple, yet adequate to cover many situations.

And last, as Stan has addressed many times on the radio as well as on the Internet, it is important to build community within your area. Few people can be totally self-sufficient. The only way we can expect to survive really tough times is through group effort. The answer is NOT to blow your neighbor away if he has failed to prepare himself. If he is not paying attention to events around him, share this information. It costs you nothing and may save a life in the process. If anything is unclear or you have questions, please feel free to email us.

Holly Deyo

Emergency Preparedness for the Car
Updated February 15, 2003

This list is whittled to bare essentials for three days' survival if you are not at home where many of these items are at your fingertips. Other supplies might be nice, but for those on a strict budget, plan your gear around these core items. Any additional supplies can be added to suit personal taste, vehicle space and budget. Where quantities aren't noted, assume only one of this item is needed. Suggested amounts are for one person only, especially in the area of water consumption. The exception to this rule is the First Aid Kit. Medical items were planned with a small family in mind. They can be divided between the adults or maintained in one central kit.

These 72-hour kits should be packed and kept in your car. If disaster strikes while you are home, chances are you can get to your vehicle. If a crisis occurs while you are traveling, even to the grocery store, your survival supplies are already on board.

If you have a spouse, he or she should be carrying an identical pack in his/her car. Provisions for children and pets need to be included too. If children are not of driving age or don't have their own car, supplies for them should be kept in your vehicle. Some supplies for children need not be duplicated like a compass, tools or much of the camping gear, but each person must have the daily recommended amount of water and food.

In Colorado during winter months, meteorologists have advised residents for years to always keep in the car: water, candles, matches, chocolate, extra blankets, energy bars and peanut butter. Expecting the unexpected became embedded in our brains. In minutes a heavy, wet "white-out" (snow) can drop from the mountains, blind and strand motorists. Preparation is merely good common sense. This list below is much the same theory with a few embellishments!

General Supplies (72hr List) for Car

Updated February 15, 2003

Camping Gear

Candles, enough for 36 hours use (these can provide some warmth - set them in secure bases to prevent a fire)

Lighter

First Aid Kit (see list)

Sleeping Bag, Bedroll, Swag or Wool Blankets

Foam Pads to go under sleeping bag, bedroll, etc. Space Blanket (reflects up to 90% of your body heat and only weighs 20 oz or 500g)

Light sticks (12 hour,) three

Mosquito Netting (especially necessary in view of all the mosquito-borne diseases)

Plastic Sheeting

Tube Tent

Waterproof Matches, two boxes

Carrying Items

Backpack for supplies
Five Gallon (20 liter) Pail with Lid (can double as portable toilet)
Water Canteen with Strap

Clothing

Complete change of clothing*
Current prescription glasses
Dust Masks, three extra
Gas Mask if you are living in one of the top 120 major cities
Rain Poncho OR Rubberized Parka and Rain Pants (oversized to allow for clothes layering)
Sturdy boots and Heavy Socks
Sunglasses
Underwear, 2 sets
Work Gloves, heavy duty

*The majority of people will need to consider seasonal changes. Every season, make sure to update your stored change of clothes for the appropriate weather conditions. For winter, include coats, hats, gloves, thermal underwear, snow boots and clothes for layering.

Communication Items

Radio (solar, hand cranked or battery powered; if battery, include extra batteries)
\$200 in cash and change (during times of disaster, charge cards and checks can't be verified)*
Compass of good quality (these are expensive but necessary)
Map of your local area
Notepad
Pencil, Pen
Phone numbers and addresses of friends/family
Pre-addressed, stamped postcards of friends and family out-of-state (if a disaster is widespread, you'll want to contact someone out of the area)
Signal Flares, three (these are not legal in Australia)
Signal Mirror
Signal Whistle

*Money is always hard to tuck away and pretend it isn't there, but in this instance, it is a necessity. One can't assume to put expenditures on credit cards during a crisis. Think about it. Whenever you make a purchase, it is always verified by a telephoned authorization number. If phone lines are down and these numbers are not obtainable, chances are your purchase won't be allowed.

Latrine And General Hygiene

Disinfectant
Liquid Bleach and Eyedropper
Sponge

72 Hour Survival Kit

Surgical Gloves, three pair (these are inexpensive and can be obtained in discount stores)
Toilet Paper, two rolls flattened
Towelettes, pre-moistened, box
Trash Bags (three, for human waste and misc. trash)

Personal Hygiene

Body/Hand Lotion
Comb and Brush
Dental Floss
Deodorant
Liquid Soap for personal washing
Premoistened Towelettes
Shampoo
Tampons/Sanitary napkins
Toothbrush
Toothpaste
Tweezers, pointed
Wash Cloth and Towel

Infant Supplies (if applicable)

Baby Powder
Blanket, spare
Bottles, spare
Diapers, disposable
Formula
Lotion
Pre-Moistened Towelettes
Teething Ring
Toys

Miscellaneous

Ammunition if a firearm is selected
Bible
Book for pleasure reading
Certified copies of*:

- wills
- births, deaths, marriage certificates and divorce decrees
- house and life insurance policies
- inventory of valuable household items
- deeds and contracts
- stocks and bonds
- charge card account numbers and their "lost or stolen" notification numbers
- bank account numbers
- medical records including immunizations
- social security numbers

passports

Deck of Playing Cards
Firearm for Protection (personal choice item)
Magnifying Glass
Paper Clips
Rubber Bands
Safety Pins, assorted sizes
Survival Manual Dare To Prepare

*(Keep these items in water tight containers. Many survival and camping stores sell flat, water tight pouches. If you have a food vacuum sealer, this is another great use for it!)

Senior Care (if applicable)
Denture Care Items
Batteries, extra (for hearing aids)
Eye Glasses
Heart and/or Blood Pressure Medications and necessary Prescriptions
Oxygen, Portable (extra tanks and hoses if this is required)
Special Dietary Items
Warmer Clothing (generally the elderly have trouble with poor circulation and get cold easier.)

Pet Care (if applicable)

Food and Food Bowl
Leash and Collar
Muzzle
Toys or Chew Bone
Water Bowl
Water, one gallon (4 liters) per dog per day. For a cat, it is about 1 pint.*

*(Even if it is a small animal, plan on the unexpected. SOMEBODY will undoubtedly spill their day's ration and the pet's water can be used in extreme emergency.)

Tools and Handyman Items

Flashlight (extra batteries, spare bulb)
Folding Shovel
Hatchet
Multi-Purpose Tool with knife, pliers, screwdrivers
Needles and Thread, select several needles with large and regular-sized eyes
Nylon Rope (100' or 30 meters)
Roll of Duct Tape (this has innumerable uses)
Swiss Army Knife
Twine/String (100' or 30 meters)
Vise Grips

Food And Water Items For One Person
Updated February 15, 2003

Aluminum Foil

Food/Water Supplies: Pick any combination for three days supply

Beef Jerky (very salty)

Canned Fruit Juices

Canned Meats, Vegetables and Fruits

Canned Soup, read-to-eat variety

Canned Tea and Soda Pop

Cookies

Dried Fruit

Granola, Power Bars and Trail Mix

Hard Candy and Chewing Gum

Heater Meals (this is a brand of non-refrigerated emergency food with its own heating element built in. No fires required. They are approximately US\$6 each.)

Instant Coffee/Tea Bags/Whitener/Sugar

MRE's (Meals Ready to Eat)*

Peanut Butter and Crackers

Water, 3 gallons or 13 litres (1 gallon or 4 litres per person per day) - additional water may be needed for brushing teeth and hygiene

Manual Can Opener

Paper Plates, Plastic Eating Utensils, Disposable Cups (one each per meal plus extra cups)

Roll Paper Towels

1-Quart (1-litre) Containers with lids for purifying water, two so water can be poured back and forth to re-oxygenate

Water Purifying Tablets

Zip-loc Freezer Bags, gallon or 4 liter (1 box)

Zip-loc Freezer Bags, quart or 1 liter (1 box)

*MRE's are not tops on nutritional charts but they are convenient, have a long shelf life, need no refrigeration nor any special preparation. They have a high sodium count so if you are on a salt-restricted diet, these might not be the best choice. Again though, we are only looking at three meals. More MRE information.

First Aid Items
Updated May 24, 2003

- 1 Basic First Aid Book, in plain language
- 2 Bandages (Ace) elastic, 4" (10cm)
- 4 Bandages, gauze, 2" (5cm) x 2"
- 2 Bandages, gauze, 3" (8cm) x 3" and 4" (10cm) x 4"
- 1 Bandages, gauze, 18" (45cm) x 36" (90cm)
- 2 Bandages for burns (Second Skin) 3" (8cm) x 3.5" (9cm)
- 3 Triangular Bandages
- 1 box Band-Aids in assorted sizes, flexible and moisture resistant best
- 1 box Bicarbonate of Soda
- 1 box Butterfly sutures or Leukostrips
- 1 Cold/heat Pack, reusable
- 1 box Cotton Swabs
- 1 box Dental Floss
- 1 box Eyedropper (additional to the one for chlorine bleach)
- 2 rolls First Aid Tape, .5" (1.25cm) x 10 yds (9m) and 1" (2.5cm) x 5 yds (4.5m)
- 3 pair Gloves, lightweight rubber, (for medical and hygiene purposes)
- 1 tube Insect Repellent
- 1 bottle Isopropyl Alcohol
- 1 bottle Meat Tenderizer for insect bites and stings
- 1 box Moistened Towelettes
- 1 Nail Clipper
- 1 bottle Potassium Iodide-[KI] or Potassium Iodate-[KIO₃] (either is fine)
- 1 box Razor Blades, single edge
- 1 box Safety Pins, assorted sizes
- 1 SAM splint
- 1 Scissors, Surgical pointed
- 1 bottle Soap, liquid, antibacterial
- 6 Tongue Depressors
- 2 Thermometers, disposable OR 1 digital, (no breakables with mercury)
- 1 Tweezers

- 1 tube Analgesic Cream (Camphophenique, Paraderm Plus)
- 1 box Antacid (Mylanta, Tums, Pepto-Bismal)
- 1 Antibiotic (Tetracycline for general infections)
- 1 box Anti-Diarrheal (Imodium, Diasorb, Lomotil)
- 1 tube Anti-Fungal (Desenex, Micatin, Tinactin, Lotrimin)
- 1 box Antihistamine (Benadryl, Claratyne)
- 1 tube Antiseptic Ointment (Neosporin, Dettol)
- 1 tube Burns (Hydrocortisone, Derm-Aid)
- 1 box Cold/Flu Tablets (Nyquil, Repetabs)
- 1 box Constipation (Ex-Lax, Dulcolax, Durolax)
- 1 box Cough Syrup (Robitussen, Dimetap)
- 1 box Decongestant (Actifed, Sudafed, Repetabs)
- 1 bottle Eye Drops (Visine)
- 1 tube Hemorrhoid Relief (Preparation H, Anusol)

72 Hour Survival Kit

- 1 box Ibuprofen (Advil, Nurofen, Peracetamol)
- 1 bottle Itching, Insect/Rash (Caladril, Calamine)
- 1 tube Itching (Dibucaine, Paraderm, Lanacane)
- 1 tube Lip Balm (ChapStick, Blistex)
- 1 tube Lubricant, Water Soluble (K-Y Jelly)
- 1 bottle Nasal Decongestant (Sinex, Ornex)
- 1 box Nausea, Motion Sickness (Kwells, Dramamine, Travacalm, Meclizine)
- 1 box Non-Aspirin Pain Reliever (Tylenol)
- 1 box Pain, Fever Reducer (Panadeine, Mobigesic)
- 1 Prescription(s) (A supply of any you are taking)
- 1 jar Petroleum Jelly (Vaseline)
- 1 bottle Poison Ivy/Oak (Dermarest Poison Ivy Mousse or Ivarest)
- 1 packet Poison Absorber (Activated Charcoal)
- 1 can Sunburn Relief (Solarcaine, Paxyl)
- 1 bottle Sunscreen (SPF 15 at least)
- 1 bottle Vomit Inducer (Ipecac Activated charcoal)
- 1 tube Yeast Infection Treatment (Monistat, Gyne-Lotrimin)

Before You Say “Too Hard”...

Many items can be obtained at discount stores like Sam’s, Costco, Target, K-Mart and Wal-Mart. Other supply sources are second-hand stores, Salvation Army, Army Surplus stores and garage sales. This does not have to be a “Cadillac” set of gear. Supplies are for survival. Nothing has to be “designer”, only functional.

If your first inclination is to say, “I can’t AFFORD this!” Think practically where corners can be cut in the weekly budget. If your family goes out to the movies, why not rent a video and “rat-hole” those \$\$ spent for the show? If nothing else, bring your refreshments from home - expensive candy bars, soft drinks and popcorn CAN cut into the wallet! Put those extra dollars toward survival gear. A few less nights of fast food can pay for your 72-hour survival food! In the area of Personal Hygiene, discount stores offer travel sizes which can reduce not only the carrying weight of your backpack, but space taken up and \$\$ spent.

Stored water doesn’t have to be Perrier or some other expensive brand. Treated tap water stored in empty 2-litre soft drink bottles suffice nicely. In fact, mineral water will only make a person thirstier. (See our Long Term Storage area for other ideas.)

The most expensive item on this list is the compass. Good hand-held compasses range from US\$50 - \$250. A decent Boy Scout compass can be purchased for around US\$50. If you are completely lost, there can be no dollar value placed on this item. It is not cheap, but we have several ideas.

Talk to other folks of like mind, possibly you can put together a group purchase and bring down individual cost. Try this approach with Army surplus stores. If you have a Sam’s Club or other bulk food warehouse in your area, ask them about supplying some of the desired items for large purchases. Apply this strategy to the First Aid Kit and General Supplies as well as the Food Items.

General Supplies At Home Updated February 15, 2003

This list is whittled to bare essentials for three days' survival at home. Many other items would certainly be nice, but for those on a strict budget, plan your gear around these core supplies. Any additional supplies can be added to suit personal taste and budget. Where quantities aren't noted, assume only one of this item is needed. Suggested amounts are for one person only, especially in the area of water consumption. The exception to this rule is the First Aid Kit. These medical items were planned with a small family in mind.

These 72-hour survival kits should be packed and kept in or close to your safe room. Preparation is merely good common sense.

The List

Camping Gear

First Aid Kit

Sleeping Bag, Bedroll, Swag or Thermal Blankets

Foam Pads to go under sleeping bag, bedroll, etc. especially for the elderly

Food and Water

Flashlight and extra batteries

Clothing

Complete change of comfortable clothing*

Current prescription glasses

Gas Mask, especially if you are in one of the top 120 major cities for terror attacks

Underwear, 2 sets

*The majority of people will need to consider seasonal changes. Every season, update your stored change of clothes for the appropriate weather conditions. For winter, if you are under a bio-chemical attack, furnaces and fireplaces should be blocked off and the interior heat may drop to a chilly temperature, include coats, hats, gloves, thermal underwear, snow boots and clothes for layering. For Summer, without air conditioning, you don't need heavy sweats and thermal undies!

Communication Items

Radio (hand cranked or battery powered; if battery, include extra batteries)

Cell phone (it might work)

Note pad

Pencil, Pen

Phone numbers and addresses of friends/family

\$200 in cash and change (during times of disaster, charge cards and checks can't be verified)*

*Money is always hard to tuck away and pretend it isn't there, but in this instance, it is a necessity. One can't assume to put expenditures on credit cards during a crisis. Think about it. Whenever you make a purchase, it is always verified by a telephoned authorization number. If phone lines are down and these numbers are not obtainable, chances are your purchase won't be allowed.

Latrine And General Hygiene

Liquid Bleach and Eyedropper (sprinkle in portable toilet to keep down bacteria and smell)

72 Hour Survival Kit

Sponge

Surgical Gloves, three pair (these are inexpensive and can be obtained in discount stores)

Toilet Paper, one roll per person

Trash Bags (three, for human waste and misc. rubbish)

Personal Hygiene

Body/Hand Lotion

Comb and Brush

Dental Floss

Deodorant

Liquid Soap for personal washing

Premoistened Towelettes

Tampons/Sanitary napkins

Toothbrush

Toothpaste

Infant Supplies (if applicable)

Baby Powder

Blanket, spare

Bottles, spare

Diapers, disposable

Formula

Lotion

Pre-Moistened Towelettes

Teething Ring

Toys

Miscellaneous

Bible

Book for Pleasure Reading

Deck of Playing Cards and Board Games

Fire Extinguisher

Multi-Purpose Tool with knife, pliers, screwdrivers

Swiss Army Knife

Pet Care (if applicable)

Food and Food Bowl

Toys or Chew Bone

Water and Water Bowl, one gallon (4 liters) per dog per day. For a cat, it is about 1 pint.*

Newspaper or litter box (some place pets can feel it is OK to use)

*(Even if it is a small animal, plan on the unexpected. SOMEBODY will undoubtedly spill their day's ration and the pet's water can be used in extreme emergency.)

Senior Care (if applicable)

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Denture Care Items

Batteries, extra (for hearing aids)

Eye Glasses

Heart and/or Blood Pressure Medications

Oxygen, Portable (extra tanks and hoses if this is required)

Prescriptions

Special Dietary Items

Warmer Clothing (generally the elderly have trouble with poor circulation and get cold easier.)

Pre-Assembled 72hr Kits
October 13, 2005

For those who have the \$\$ but not the time, check out these sites for already assembled 72-hour packs. They vary in price and product, so compare their offerings:

B & A Products

<http://www.baproducts.com/>

COPE International-USA

<http://www.copeusa.org/>

Emergency Essentials

<http://www.beprepared.com/>

The Epicenter

<http://theepicenter.com/kits.html>

Justin Case Emergency Resource System

<http://www.justincase.ca/>

Perma Pak

<http://www.quakepro.com/>

SOS Gear

<http://www.sosgear.com/>

Survivor Industries

<http://www.survivorind.com/>

Walton Feed Inc.

<http://waltonfeed.com/>