

# 72 Hour Kit Assembly Instructions

“If ye are prepared ye shall not fear” (D&C 38:30).

Why a 72-Hour kit? - In the event of a major disaster, like an earthquake; support and medical services may not be able to reach everyone immediately. A 72-Hour kit will keep you stocked with all the basic necessities in the meantime.

Having additional food storage is recommended, but a 72-Hour kit is a good start.

Below are the items recommended to be in your kit along with some pricing information via Amazon. Feel free to pick and choose what items you feel would be most important to buy first and build this kit over time. The most essential items are at the top:

- Water - One gallon of water per person per day for at least three days for drinking and sanitation (\$3)
- SOS 3600 72-Hour emergency calorie bar (\$10)
- Flashlight (\$9)
- Battery-powered or hand crank radio for emergency updates (\$20)
- Extra batteries for radio and flashlight (\$7)
- 115 Hour emergency candle (\$13)
- First aid kit (\$20)
- Moist towelettes (\$14) garbage bags (\$12) and plastic ties (\$6) for personal washing & sanitation
- Waterproof matches in waterproof case (\$9)
- Can opener (\$9)
- Mess kit (\$9)
- Poncho (\$8)
- 5 in 1 Survival whistle (\$6)
- Dust masks to help filter contaminated air (\$13)
- Plastic sheeting (\$13) and duct tape (\$5) to shelter in place
- Pliers/Wrench to turn off utilities (\$14)
- Multitool pocketknife (\$20)
- Lifestraw in case your water goes bad to filter more (\$17)
- Toothbrush & toothpaste (\$3)
- Bodywarmers (\$13)
- Sleeping bag (\$24)
- Blanket (\$14)
- Local paper map since your phone may not work (\$4)
- Large duffel bag or container for most of the above items (\$20)

**Total Approximate Cost: \$320**

# Emergency Car Kit

Between time at work, commuting, errands, and being away from home in general, those hours add-up and having a small kit of supplies in your car is a good idea in case you are for some reason unable to get home. This doesn't need to be as substantial as the 72 Hour Kit, but should include the following:

- Emergency drinking water – in UV protective pouches – (24) 125 ML packs (\$18)
- SOS 3600 72-Hour emergency calorie bar (\$10)
- Flashlight (\$10)
- Extra batteries (\$7)
- Jacket or sweatshirt (Use an old one)
- Blanket or towel (\$14)
- Multitool pocketknife (\$20)
- Local paper map (\$4)

***Total Approximate Cost: \$83***

In addition to this, having \$100 cash in \$20 bills is smart in-case you don't have your wallet and need to get gas or buy something else without needing to use card readers/electricity.

If you have any questions, talk to your Ward's Emergency Preparedness Representative; or if your Ward does not have one, a member of your Bishopric.