

72 Hour Backpacks

The purpose of an 72 Hour Backpacks is to have something that you can grab quickly, that will help you survive, in the event that you have to evacuate your home immediately.

Who should have an 72 Hour Backpack?

Each Member of your family should have their own self-sustaining pack with supplies to last up to five days. One pack for each person helps to make each kit a manageable size and weight. Also, if you have to separate or you accidentally get separated, each person will have his or her own supplies with them.

Clearly label each kit with the family member name and address.

Consider a rolling backpack or small suitcase if you are concerned about carrying your pack.

Where should you store your 72 Hour Backpacks?

Store your kits near an exit from your home. If you typically exit your home through the garage, store your kits in the garage. If you normally exit your home through the front door, store your kits in the front hall closet. You want your kits to be easily accessible as you leave your home.

What should be in an 72 Hour Backpacks?

Remember your Emergency Prep Pack is to help you survive until additional help arrives or until more supplies can be secured. The quantities and items in your pack should be sufficient for survival only.

Tailor each Emergency Prep Pack to the specific needs of the person who will be using it. Just as no two people are alike, no two emergency packs will be the same. Consider the special needs of infants, disabled, elderly, and/or pets.

How often should you rotate the items in your 72 Hour Backpacks?

Kits should be checked once a year. Check expiration dates of all items and rotate as needed. Make sure clothes fit and that maps and other emergency information is current. Kits for growing children should be checked every six months since their needs change as they get older. Check clothing size, diapers, food, toys, etc. to make sure they are age appropriate.

Tip: Coordinate your 72 Hour Backpacks update to regular events during the year so you don't forget.

Sample Content list for your 72 Hour Backpacks

Large Backpack or duffel bag(rolling if needed)	Light stick (4)
2-24 oz. water bottles with sports top	Pocketknife
3600-calorie food bar	Work Gloves/Rope
Gallon zip-top bag with additional long-term food items (i.e. beef jerky, tuna pouch, nuts, dried fruit, granola bar)	Solar/Hand-Cranking/Battery Radio (One per family)
Hooded poncho	Whistle
Emergency Blanket	First-Aid Kit, Personal size
Waterproof Matches and/or Magnesium Fire Starter	Hygiene kit (Toothbrush/toothpaste/soap/tissue/sun block/antibacterial hand gel/N95 Mask/feminine hygiene)
Sweatshirt/Sweatpants	Special Needs
T-shirt/shorts	Book, Cards, and/or Games
Socks/Underwear	Money (\$50 or more)
Shoes	Road map
Gloves/Hat	Emergency Phone Numbers
Flashlight with extra batteries	

PrePare

Prepare your Vehicle

There are some emergencies where you may become stranded in your vehicle or you may need to use your vehicle to evacuate. In either case, preparing your vehicle in advance can help you survive.

Vehicle reminders

Perform regular maintenance and keep you vehicle in good working condition

Make sure your car is equipped with a spare tire, jack, lug wrench, and tire gauge

Always keep your fuel tank at least one-half full

Keep the necessary supplies in your car for Safety and Survival

Safety Supplies	Survival Supplies
Jumper Cables	First-Aid Kit
Folding shovel	Food (Non-perishable)
Tow rope	Water
Windshield scraper and brush	Blanket
Basic Tool Kit	Hat (for colder climates)
Duct Tape/Electrical Tape	Whistle
Gloves, Rags, Towels	Waterproof Matches
Flashlight with Batteries	Medications
Fix-a-flat	Paper and Pencil
Flares or Hazard Reflectors	Emergency Phone Numbers
ABC Fire Extinguisher	Cash
Extra Fuses	Sturdy Shoes
Map	N95 Mask