

72-Hour Survival Kit

Food and Water

- 3-5 gallons of water (4 litres per adult, per day)
- Canned or freeze-dried foods
- One manual can opener
- Instant drink and juices
- Water purifying tablets

Warmth and Shelter

- Tent/Trailer or other shelter
- Wool-blend blanket or sleeping bags
- Emergency reflective blanket
- Lightweight stove & fuel / camp stove (to be used OUTDOORS ONLY)
- Hand and body warm packs
- Poncho (a large garbage bag can make a great rain poncho)

Tools and Equipment

- Pocket knife
- Flashlight, lantern or candles including windproof / waterproof matches
- Shovel, hatchet or axe
- Sewing kit
- Nylon rope and duct tape
- Cooking utensils
- Radio and batteries or crank radio
- First aid kit
- Pen / pencil and writing pad
- Whistle to make noise with
- Hand sanitizer
- Water resistant duffel bag or tote to store everything in

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Special Items

Keep copies of important family records and documents in a waterproof and fireproof, portable container.

- Passports
- Health cards
- Drivers' licences
- Birth certificates
- Bank account and credit card numbers
- A small amount of cash
- Photos of family members in case you are separated in an emergency
- Games and toys for children
- Extra keys for house and car(s)
- Cell phone, battery charger and car adaptor (keep battery charged!)



Don't put your life at risk by waiting and trying to gather items when the emergency requires you to leave your home immediately!