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## Are You Ready Series: 72 Hour Kits

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Many prepping websites have multiple articles on 72 hours bags (aka: evac packs, bug-out-bags, blow out bags or survival kits). Every family should have a 72 hour bag ready, not because we should all run for the hills, but because there may be an unforeseen disaster where your family will have to make a swift evacuation. Certain disasters can occur very quickly such as fires, hurricanes and flooding. Having things in order as well as a plan in place will expedite the process of leaving as well as keeping things running as smoothly as possible. The main goal of having a 72 hour bag is to be equipped to survive. In this case, survival is dependent upon you. Therefore, the 72 hour bag should be **pre-assembled** and ready to go as well as have a 72 hour bag separately [for the vehicle](#) <sup>[1]</sup>.

Personally speaking, when I assembled my family's bug out bags it took a few hours to run through the house getting all the supplies in order. If I was in a time sensitive situation, I would have forgotten half of the items I packed. It's essential that your B.O.Bs (Bug Out Bags) are ready to go.

### What To Put Into a 72 Hour Bag?

What would your family need for 3 days? Better yet, what items would you take out of your house that would save your life for 3 days? It does not really matter what type of bag is used to place your items in. Many people use duffel bags, backpacks and suitcases to store their gear in. However, many experts advise that the bag or container should be waterproof. For those with multiple people in their family, each person in the family should have their own 72 hour bag that is placed into a large plastic container. A bag or container with a carrying handle would be advisable if the container holds many items or is for a family. Some thoughts to keep in mind when preparing your 72 hour bag are:

- Have a [plan](#) <sup>[2]</sup> in place (choosing the location, let family members know where your destination is, the contact information, a secondary destination, etc.)
- Keep the basic needs in mind: food, water, shelter, clothing, safety and communication.
- Try and find items that are light weight, functional and versatile so that carrying them in a container will not be a strain.
- Take your bag out and use it a few times to test that nothing is forgotten.

#### Food

A little food can go a long way if you are creative enough. Find a stove to cook food in, and boil water. Try and find foods that are light weight an high in calories and have lots of energy. Have enough food for a 3 day period. Some possible food suggestions would be:

- MRE's
- Crackers
- Pasta
- Hard Candy
- Energy Bars
- Dried Fruits and Nuts
- Instant Oatmeal
- Granola Bars
- Powdered Milk

- Jerky

Some other suggestions for meals would be:

- Bouillon Cubes
- Instant Rice/Mashed Potatoes
- Dried Soups
- Camping Freeze Dried Foods
- Gum
- Instant Pudding
- Powdered Drink Mixes (Tang, Crystal Light)
- Paper Plates, Cups and Eating Ware

### **Water**

Having a good water supply is more important than food. A person cannot go without 3 days of water so have a plentiful amount. At a minimum, each person should have one gallon of water per day. In an emergency situation, such as a natural disaster, water is one of the first items to disappear off of a store shelf. If you can pack more water, then go for it. Many feel that due to the bulky nature of water bottles, it would add too much weight for the 72 hour kits. Therefore, many carry 1-2 liters of water and have water purification tablets or a water filter on hand. Here are some ideas for carrying water:

- Individual water bottles in the pack, gallon jugs of water, etc.
- Canteen
- Collapsible water container
- Water filter
- Water purification tablets

### **Clothing**

Clothes in the 72 hour bag should be rotated every season and be appropriate to the environment you are in. Having items in your bag that can be [layered](#) <sup>[3]</sup> is a great option.

- If it is the winter season: Pack all cold weather essentials in maintaining body heat: Layered clothing, warm hat preferably with flaps over the ears, waterproof pants, mittens, etc.
- Work Gloves
- Have at least one change of clothing in your bag and two extra pairs of socks.
- A good pair of [boots](#) <sup>[4]</sup> (hiking or combat boots) with a deep trench in the sole.
- Rain Suit
- Poncho
- Hat to keep the sun off your face.
- Bandanna

### **Shelter**

A shelter is to keep out the natural elements at bay as well as provide a warm place to sleep to maintain body temperature.

- Tents (lightweight)
- Sleeping bag
- Durable long lasting emergency blankets
- Tube tent (emergency shelter)
- Tarp
- Garbage bags can even be used for a shelter.
- Mylar emergency blankets

### **Fire**

Having fire lighting gear will help maintain proper body temperature, assist in cooking food, and boiling water. If an emergency arises and you have to leave, you want to be able to have items on hand to make a fire to stay warm.

- Waterproof matches
- Magnesium Fire starters
- Cigarette Lighters

### **Communication**

In a survival situation, communication is key. Family members and friends want to know that everyone is safe and sound and have made it to their ideal locations. Additionally, news sources such as radios need to be heard to find out if you are in a safe location, safe to go back to your home or are in a dangerous area.

- Cell Phone
- A 2-way radio
- Radio to get news and information.
- Whistle
- Battery powered tv
- Scanner to hear about police situations and fires that may be in the area
- Signals such as whistles, flares and mirrors are important

### **Tools**

Tools will be used for a variety of reasons. Tools for hunting, shoveling, cutting, and for navigational purposes are all essential items for a 72 hour bag.

- Knives ( to cut large machete type and a smaller Gerber hunter)
- Multi-tool
- Camping shovels
- Candles
- Hammer or hatchet
- Collapsible fishing pole with hooks, line, bobbers, etc.
- Flares
- Maps, compass or GPS devices ( Having extra compasses ensures that navigation is accurate).
- Rope (paracord),
- Knife sharpening stone,
- Flash light with extra batteries

### **Written Survival Sources**

In a high stress situation that some are not used to, forgetfulness plays a part from dealing with all the changes that are occurring. Having some manuals to look upon for survival information, or for spiritual information to lift the moral is a good idea and does not take up much space.

- Survival Manuals
- First Aid Manuals
- Bible

### **Safety**

There is no guarantee that everything will go as planned. There are times when emergencies arise. Having a well stocked [first aid kit](#) <sup>[5]</sup> is essential in the case that someone gets injured. Taking a basic first aid course to give the proper aid is an instrumental tool in providing the right type of care. First aid kits should be filled with every type of first aid gear that could be needed.

- Band-aids
- Antiseptic
- Gauze pads

- Medical tape
- Tourniquet
- Celox (Emergency Blood Clotting Granules)
- Bug spray
- Sunblock
- Poison ivy cream
- Skin irritation cream
- Pain reliever
- Anti-Diarrhea Medicine
- Prescription medicine
- Cold/Flu medicine
- Scissors

Weapons are another way of maintaining safety. Having the ability to defend yourself is another aspect to keep in mind.

- Hand gun
- Rifle
- Shot gun
- Knives
- Taser

### Hygiene

In a bug out situation, many assume it could be for a few days, but it could be for longer periods of time. Keeping yourself clean is not only beneficial to those around you, but also to maintain health. Hygiene items are a good idea to put in your 72 hour bag:

- Toilet Paper
- Toothbrush
- Toothpaste
- Cleaning Wipes
- Soap
- Shampoo/Conditioner
- Laundry Detergent

### Personal Documents

When fleeing to a location other than your home, have the proper identification, and emergency information with in the case that you need to present it to a police officer, red cross disaster worker, state trooper, park ranger, etc.

- Journal (with a pen)
- Identification Information (drivers license, passports, wills, marriage licenses, birth certificates, social security cards, proof of address)
- Licenses for guns or for fishing, etc
- Health Insurance Information

If a disaster hits, and you are unprepared to flee the situation, fear and panic set in and mistakes are made. To better access the situation, preparation makes all the difference. Knowledge and preparation helps to control fear and keep a person calm. Calmness and clarity are the emotions that a person wants in a disaster situation. A 72 hour bag for multiple family members can take a longer amount of time than one may think. Having it pre-assembled and ready to go can put a person ahead of the game when it comes to bugging out. The more prepared a person is, the calmer they will be while evacuating.

72 Hour Kit E-Books:

<http://www.scribd.com/doc/3036529/Mormon-Emergency-Preperation> <sup>[6]</sup>

<http://www.scribd.com/doc/17778582/Emergency-Preparedness-Grab-n-Go> <sup>[7]</sup>

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[1] for the vehicle: [http://readynutrition.com/resources/vehicle-72-hour-kits\\_04122009/](http://readynutrition.com/resources/vehicle-72-hour-kits_04122009/)

[2] *plan*: [http://readynutrition.com/resources/disaster-its-not-a-case-of-if-but-when\\_02102009/](http://readynutrition.com/resources/disaster-its-not-a-case-of-if-but-when_02102009/)

[3] layered: [http://readynutrition.com/resources/are-you-ready-series-emergency-clothing-part-3\\_27112009/](http://readynutrition.com/resources/are-you-ready-series-emergency-clothing-part-3_27112009/)

[4] boots: [http://readynutrition.com/resources/are-you-ready-series-essential-footwear-part-4\\_28112009/](http://readynutrition.com/resources/are-you-ready-series-essential-footwear-part-4_28112009/)

[5] first aid kit: [http://readynutrition.com/resources/medical-emergency1\\_09112009/](http://readynutrition.com/resources/medical-emergency1_09112009/)

[6] <http://www.scribd.com/doc/3036529/Mormon-Emergency-Preperation>:

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