

Preparedness Template:

Whether you're buying a professionally compiled kit, or building your own DIY preparedness cache it is vital to have something tucked away for each of these eight areas of preparedness. Below are our recommendations for 72 hour kits. To increase the longevity to a week or more, please see the other side of this page.

72 Hour Kit Suggestions

Water	Food	Light	Communication
___ x SOS Water Pouches ___ x Water Filters ___ x Water Treatment ___ x Blue Can Water ___ x Water Bricks  <p><i>4 litres per person each day.</i></p>	___ x SOS Calorie Bars ___ x Millennium Bars ___ x Cook-in-pouch Meals ___ x MREs  <p><i>1200 Calorie Minimum per day.</i></p>	___ x Solar Hybrid Flashlight ___ x Solar Lantern ___ x Crank Flashlights ___ x Candles 	___ x FRX5 ___ x Kaito Voyager ___ x Scorpion II ___ x Crank Radio / Phone Charger 
Shelter	Heat	First Aid	Sanitation
___ x Tent ___ x Sleeping Bag ___ x Blanket ___ x Tarp ___ x Paracord 	___ x Stove in a Can ___ x Matches/Lighters ___ x Extra Fuel ___ x Fire Starter 	___ x Home First Aid Kit ___ x Travel First Aid Kit ___ x N95 Masks  <p><i>Supplies should reflect your skill.</i></p>	___ x Folding Toilet ___ x Complete Toilet Set ___ x ReStop 1 & 2 ___ x Double Doodie Bag ___ x Shovel 

Shelter in Place

Major emergencies rarely subside in 72 hours. Often it takes 3 days for emergency services and response organizations to set up their operations and communications networks. Preparing for at least a week will give you and your family the best chances of surviving a disaster in safety and comfort. Below are long term food storage options to help you prepare for these longer waits. Don't forget to prepare extra water to re-hydrate your food!

1 Week +

Legacy Packages (25 Year Shelf Life!)	Wise Food Buckets (25 Year Shelf Life!)	
<p>__x Premium Combo Buckets</p> <p>__x Premium Gluten Free Buckets</p> <p>__x 183 Serving MEGA Sample Pack</p> <div style="text-align: center; margin-top: 10px;">  </div> <p style="text-align: center; font-style: italic; margin-top: 10px;">For long term survival, aim for about 2000 calories per day.</p>	<p>__x 120 Serving Breakfast Bucket</p> <p>__x 120 Serving Entrée Bucket</p> <p>__x 60 Serving Entrée Bucket</p> <div style="text-align: center; margin-top: 10px;">  </div>	
Meals Ready to Eat (MREs)	Augason Farms	Meat
<p>__x MRE Single Meals</p> <p>__x MRE Case of 12</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p>__x 30 Day Food Supply</p> <p>__x Fruit & Vegetable Variety Packages</p> <p>__x Produce</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p>__x Chicken</p> <p>__x Diced Beef</p> <p>__x Beef Crumbles</p> <p>__x Sausage</p> <div style="text-align: center; margin-top: 10px;">  </div>

Miscellaneous Items:

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| <ul style="list-style-type: none"> • USB of photos & documents • Saws & Axes & Pry Bar • Army Knife • Manual Can Opener | <ul style="list-style-type: none"> • Cash • Change of Clothes / Shoes • Work Gloves • List of Contacts • Extra toiletries | <ul style="list-style-type: none"> • Baby or Pet Supplies • Spare Eye Glasses • Extra Toilet Paper • Rain Gear • Eye Protection | <ul style="list-style-type: none"> • Dishes / Pots / Utensils • Extra Garbage Bags • Tool to turn off Utilities • Duct Tape • City Map |
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