

# Building a 72 Hour Preparedness Kit on a Budget

For emergencies, it is important to have necessary supplies. While it is recommended to purchase all needed items for supplies and a 72 Hour Kit at once, the below list provides a way that it may be put together on a budget. It provides suggestions for family planning and hazard preparedness. Each week may be considered as a separate unit to be done individually, allowing people to choose weeks as necessary or combine multiple weeks in one trip. Weekly preparation will also maintain preparedness as a common practice in your home, and will help your family respond in a calm and prepared manner to emergency situations. Note: Items marked with an asterisk "\*" should be purchased for each member of the household. For water, plan to have one gallon of water, per person, per day. Pets should be counted also when figuring water!

## Week 1, From Grocery Store

- 1 gallon Water\*
- 1 jar Peanut Butter
- 32 oz canned Juice
- 1 manual Can Opener
- Instant Coffee, Tea and Powdered Drink Mix
- Permanent Marking Pen to mark dates
- 1 gal Water per Pet

**ALSO:** Pet food, Diapers, Baby food

### To Do:

- Make Family Plan
- Date perishable food items using pen

## Week 2, From Hardware Store

- Crescent Wrench
- 50 ft Heavy Rope
- 1 roll Duct Tape
- 2 Flashlights with batteries
- "Bungee" Cords

**ALSO:** Pet leash or carrier

### To Do:

- Check for household hazards
- Add latches to kitchen cabinet doors and acquire / install window protection devices

## Week 3, From Grocery Store

- 1 gallon Water\*
- 8 oz canned Meat\*
- 16 oz canned Fruit
- 1 bx Sanitary Napkins
- 1 Video Tape
- 1 gal Water per Pet

**ALSO:** Pet food, Diapers, Baby food

### To Do:

- Video tape home contents for insurance purposes
- Store video tape in a secure location

## Week 4, From Hardware Store

- 1 roll Plumber's Tape