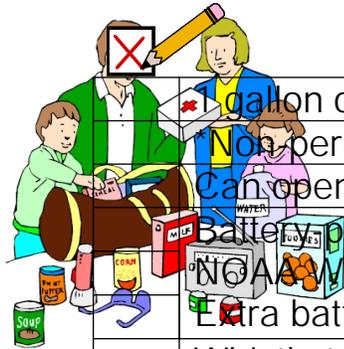


A Moment of Self-Reliant Wisdom

Topic: 72-hour kits

Learning objective: Family will be able to gather and store items needed to sustain their family for 72-96 hours.



1 gallon of water per person per day
Non-perishable food
Can opener for food (if kit contains canned food)
Battery powered or hand crank radio
NCAA Weather radio with tone alert
Extra batteries for both
Whistle to signal for help
Moist towelettes, garbage bags and plastic ties for sanitation
Dust mask, to help filter contaminated air
Plastic sheeting and duct tape to shelter-in-place
Flashlight and extra batteries
Wrench or pliers to turn off utilities
Local maps
*First aid kit

Tips for 72- 96 hour food storage

- Select foods that require no refrigeration, preparation or cooking and little or no water
- Avoid salty foods, as they will make you thirsty
- Choose foods your family will eat

*Suggestions for non-perishable food items

Protein or fruit bars	Canned juices
Dry cereal or granola	Read- to-eat canned meats, fruits and vegetables
Peanut butter	Non-perishable pasteurized milk
Nuts	Dried fruit
Crackers	Vitamins
High energy foods	Comfort/stress foods
Food for infants	