

GREAT CHRISTMAS GIFT LISTS

This time of year we buy presents for people and want to give them something that will last and mean something to them. Why not get a 72 hours kit, or at least start putting one together for people. My wife and I have done this for our family the last two years. The first years for about \$35.00 we put together a basic kit. Shop around you can do it. The next year we got food to stock their kits. It was fun and useful. This year you try it. Here are some suggestions

STORE WHAT YOU EAT -- EAT WHAT YOU STORE FOOD STORAGE

Use storage areas that are well ventilated, cool, dark, dry and clean

These basic items should be considered for storage. They provide adequate calories, protein, vitamins and minerals. Note the approximate storage life and the suggested amount needed to sustain one person's life for one year (if no other foods are added).

72 HOUR EMERGENCY KIT

The following emergency preparedness kit should be kept cool, dry, and readily accessible for rapid exit. It could be stored in easy to carry backpacks, duffel bags, suitcases, or 5 gallon buckets. Include a master list in the top of each kit with date prepared. A copy of this page with checkmarks or notes works well.

Water

1 gallon per person per day
Water Purification Tablets or chlorine bleach

Equipment

Adjustable wrench - hammer -
Pocketknife
Battery powered radio (extra batteries)
Fire Extinguisher (very small)
Flashlight (extra batteries) - light stick
Folding shovel
Plastic- 2 sheets 9' x 12'(shelter, ground cloth, water collection)
Rope (1/4 x 26') - duct tape
Tent - Tarp (Shelter)
Whistle -1 per person
Work gloves

Sanitation

Plastic bucket with tight fitting lid
Plastic trash bags (large & small, also zip locks)
Disinfectant (bleach, Lysol, pwd.
Chlorinated lime)
Toilet paper - Soap/Towel

Cooking/Heating

Aluminum Foil
Buddy burners/sterno/alcohol stove/backpack stove
Candles-2 large
Can opener - manual
Dish soap/Dish cloth/towel
Knife
Matches in foil or waterproof container
Mess kit (1 per 2 people)/ Pan for Cooking/washing
Metal cup -Pan, can or small tin pail
Paper plates/cups/napkins/plastic utensils
Spoon & Fork - Metal for mixing

Stress/Morale Boosters

Scriptures
Ball, small games, crossword puzzles, cards

Hard candy, chocolate chips
Harmonica/Needlework/pictures
Paper, pencils, crayons, permanent marker

Food for 3 days

Baby Food- baby cereal -formula - juice
Beef Jerky - Canned meats: tuna, spam,
Candy - hard candy, lollipops, gum
Canned fruits/vegetables - juice
Canned Foods -chili, pork&beans,
ravioli, soup, spaghetti, stew,
Cereals (Oatmeal, cracked wheat,
sweetened)
Crackers - cookies
Dry Soup Mix - Ramen Noodles - Dried
Fruits - raisins, trail mix, Fruit roll-ups
Granola Bars - peanuts, trail mix
MRE's (Meals Ready to Eat)
Peanut butter, jelly, honey
Powdered milk/Cocoa mix

Clothing/Bedding

1 space blanket per person
Wool /fleece blanket or sleeping bag (1
per person)
1 change of clothes: include underwear
& 2 pair socks (at least 1 wool),
sweatshirt, gloves, shoes
Infants: disposable diapers, pacifiers,
blankets, clothing

Hygiene

Comb & brush (Hair needs: barrettes,
clips, elastics)
Deodorant, Lotion
Feminine Hygiene needs
Lip balm, Chap Stick, Blistex, Tube of
Vaseline
Nail clippers, nail file
Shaving supplies
Shampoo
Small mirror
Soap (preferably liquid, if bar, it needs a
container)
Toothbrush/toothpaste
Washcloth/towel

Other

First Aid Kit
Insect repellent/Sun screen
Money - (Coins, small bills, credit card)
Safety pins, needle, thread, scissors,
buttons
Extra Glasses - Extra set of car keys
Keep the families most valuable
documents (or copies) in your
emergency kit or in a packet ready to
pick up and take with you: deeds,
mortgage, titles, insurance, wills, home
contents & pictures, social security
numbers, drivers license or ID cards,
birth cert., account numbers, genealogy,
current pictures of family members,
Name, address, & telephone number of
out of state contact, other phone
numbers. All this information could be
put on one 3½" computer disk, CD or
flash drive.

Infants/Toddlers/ Senior Citizens/Pets

*Infants and children have special needs
in a 72 hour kit. Items should include:*
Their own bag - labeled with their own
name

Disposable diapers (36 -48 minimum)*
Disposable wet wipes*
Plastic garbage bags*
Two changes of clothes*
Two pair pajamas
Two blankets
Hat/gloves/socks
Infant formula (May need to supplement
nursing babies)
Instant baby cereal
Canned food & juices - must be eaten at
one meal to prevent spoilage
Teething biscuits & Orajel
Sterilized water/also Pedialyte
Plastic bottles (label with name)
Disposable bottle liners
Extra nipples

Bib

Plastic spoon and bowl

Pacifier (Label with name)

Safety pins

Baby powder

Baby Oil

Diaper rash medication

Children's Tylenol

Assorted toys (label with name)

The most critical aspect of infant care during emergencies is sanitation. Infants, by nature, become soiled and dirty from one minute to the next, thus providing excellent breeding grounds for disease causing bacteria which may infect not only the infant but also adults that come in contact.

*For proper sanitation, it is important that you store a sufficient supply of disposable diapers, wipes, and garbage bags. Change infants regularly and keep them clean. Dispose of the soiled diapers in the garbage can liners and keep them tightly sealed to prevent spread of disease.

Wash hands often. Emergency diapering needs may be met by lining plastic pants with scraps of cloth, tissue, paper towels, or other absorbent material. Before the emergency, young children can help prepare and store supplies. Teach them about the warning sounds (smoke alarms, sirens, etc in your home & neighborhood)

Young children should memorize family name, address, and phone number as early as possible.

Children need extra reassurance - take time to hold, cuddle, talk and especially listen to them. Encourage them to talk about their feelings. Keep them with the rest of the family. Be prepared to sing songs and play simple games such as I Spy; Duck, Duck Goose; Button, Button; Lion Hunt; etc.

Senior Citizens

In addition to preparing a 72 hour kit: Arrange for someone to check on you Have a plan to signal the need for help Have extra batteries for hearing aids, wheel chairs, extra oxygen, extra eyeglasses List the style and serial numbers of medical devices such as pacemakers, and a list of all medications and dosages Teach those who may need to assist you how to operate necessary equipment.

Pets

Consider your pet's needs in planning for an emergency. *Have a current ID tag, license.

*Keep their vaccinations current.

*Keep pet carriers, extra collars, and leashes on hand to contain and calm your pet.

*Your pet also needs ½ gallon of drinking water per day.

*Store at least 2 weeks supply of food

In case of evacuation, be aware that pets are not allowed in Red Cross emergency shelters.

OTHER EMERGENCY KITS

Basic Minimal First Aid Kit

2 pairs of Latex gloves (or other sterile gloves if you are allergic to latex)

Sterile Dressings to stop the bleeding

Adhesive Bandages in a variety of sizes

Cleansing Agent or soap

Antibiotic Ointment to prevent infection

Burn ointment

Tube of Petroleum Jelly or other lubricant

Eye Wash solution to flush the eyes

Triangle Bandage

Waterless Alcohol Based hand sanitizer or

Germicidal Hand wipes

Thermometer
Scissors
Tweezers
Personal Medications including a list of all medications and dosages
Non prescription drugs (Aspirin and non aspirin pain reliever, Anti diarrhea medication, antacid, laxative, Syrup of Ipecac)

Office Emergency Kit

Keep a backpack or tote bag under your desk for any emergency use.

In case of emergency you could be stranded at your office for several days.

Plan for at least 72 hours.

Blanket, flat sheet, pillow or sleeping bag
Change of clothes, socks, shoes, undies
Coat or Jacket
First Aid Kit
Flashlight & extra batteries
Food - non perishable -
Hygiene supplies - trial size lotions soaps, shampoo/ conditioner, toothpaste, toothbrush, mouthwash, toothpicks
List of family names and telephone #'s
Medications
Sweet hard candy
Towel, washcloth
Water - clear liter bottles
Whistle with lanyard to hang around neck

Car Survival Kit

Not all items are mandatory, but could prove useful. Always maintain at least 1/2 tank of gas!

Bag of sand or rock salt
Blankets or sleeping bag
Bottled Water (2 Liter)
Candles

Car tool kit (pliers, screw driver, hatchet, folding shovel, wire saw, nails, twine, wire, tape, file)
Clothes, including boots, socks, hat, etc.
Compass
Fire extinguisher (Standard class ABC)
First aid kit and manual
Flashlight & extra batteries
Fold up Stove & fuel tablets
Food - non perishable
Gloves (work gloves & rubber disposable gloves)
Ice Scraper for winter season
Jumper Cables
Map
Matches
Mirror
Paper, Pencils
Pre-moistened towels
Portable radio & batteries
Reflectors, flares
Rope
Sewing Kit
Short rubber hose for siphoning
Space blanket
Tissues
Tow Rope
Waterproof matches
Whistle
Zip lock bags

IMPORTANT NON FOOD ITEMS FOR STORAGE

Tools

Adjustable wrench/hammer & nails
Ax/Saw
Bailing Wire/Twine
Broom/dustpan
Bucket
Crowbar
Gloves (Heavy Work)
Pliers
Rope
Screwdrivers
Shovel
Tape (Duct/plastic/electrical)

Tarps

Cooking

Aluminum Foil (Heavy Duty & regular)

Bucket or dishpan

Canning lids/paraffin wax)

Can opener (non-electric)

Camp stove & Fuel

Charcoal & lighter fluid

Dish cloth/ dish towel/scrubbie

Dish detergent

Napkins/paper towels

Paper plates/cups/utensils

Plastic wrap/wax paper/zip lock bags,
coffee filters

Pots/pans (at least 2)

Sharp Knife

Utensils

Bedding

Blankets/quilts (enough to keep each
person warm with no other heat source)

Pillows

Rubberized Sheets

Sheets (Flannel is warmer & more
absorbent)

Sleeping bags

Clothing

Boots

Gloves

Jacket/ Warm Coat

Poncho

Seasonal Clothing

Shoes/2 socks (at least 1 pair wool)

Safety Items

Batteries - many sizes

Candles

Flashlights

Fire Extinguisher

Garden Hose (firefighting/ siphoning
gas)

Insecticides

Lantern & Fuel

Matches/lighters

Paper & pencils

Radio (battery operated)

Sanitation

Large trash can w/ tight fitting lid

Ammonia

Bleach

Clean rags

Disinfectant (Lysol, Pinesol, etc)

Newspapers (to wrap garbage & waste
in, could also be used for fuel or
blankets)

Plastic bags (various size especially
garbage bags)

Toilet paper

Wet Wipes

Hygiene Supplies

Combs/brushes

Contact Lens solutions

Deodorant

Extra Glasses

Feminine Supplies

Hand soap (15 bars/person/year)

Infant Supplies (Disposable diapers,
plastic pants, bottles)

Laundry detergent (25 lbs/person/year)

Shampoo/Conditioner

Shaving supplies

Tissue

Toothbrush/toothpaste

Wash Cloths/Towels

Pets

Food

Leashes/collars

Litter box supplies

Medications

Basic List of Medical and First Aid Supplies

Bandaging

Ace bandages – assorted sizes

2", 3" 4" gauze rolls sterile dressing
assorted sizes

1" tape - cloth, plastic or paper

Band-Aids – variety including:

Assorted sizes of strips

Butterfly bandages
Extra large
Fingertip/Knuckle
Sanitary napkins, individually packed
Super Glue for wound closure
Triangular bandages

Colds

Antihistamine/decongestants
Cold medicine of choice
Cough lozenges &/or syrup
Vitamin C - & others as desired

Disinfectants

Alcohol
Alcohol preps individually wrapped
Gel hand sanitizer – waterless
Hydrogen peroxide
Bar soap
Triple antibiotic ointment (Neosporin)
Water purification tablets

Eye Care

Lubricating eye drops
Contac lens solutions
Ophthalmic antibiotic ointment –RX
only

Gastrointestinal Relief

Antacids – liquid or tablets
Anti-nausea- i.e. Dramamine
Diarrhea medicine i.e. Imodium
Glycerin suppositories
Laxative
Pepto Bismol &/or Alka-Seltzer

Insect bites and stings

Baking soda
Benadryl –for allergic reactions
Calamine or Caladryl lotion

Ointments

KY jelly – water-soluble
Mentholatum
Petroleum jelly
Zinc oxide

Pain Relief

Aspirin & non-aspirin pain reliever
Earache/toothache drops
Prescribed medicines
Tylenol drops for babies if needed

Skin Rashes-Allergic reactions

Antihistamine tablets & syrup
Benadryl or Caladryl
Hydrocortisone cream
Prescribed medicines i.e. Epi pens

Miscellaneous

Favorite home remedies
First aid manual
Lip balm
Insect repellent
Personal medications and equipment –
i.e. insulin, and syringes, heart meds etc.
Sun screen and block

Tools and Equipment

Container - tackle box, plastic box etc.
Collapsible drink cup/paper cups
(Consecrated oil - if LDS)
Dental floss
Gloves - Heavy-duty work & Latex
Instant ice pack
Matches – waterproof container
Medicine dropper/dose cups
Q-tips
Penlight & batteries
Pocket knife - sharp
Pocket mask - other barrier device to use
in CPR
Scissors – bandage & heavy duty
Sewing needles/thread, Safety pins
Splinting materials
Thermometer
Tongue depressors – (many uses)
Tweezers