

## 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, duffle 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