

72-Hour Survival Kit in a Kan (The Volunteer Center)

Essential Items (Include only food items that you will eat)

- 1 large empty backpack or other container
- 1 whistle
- 1 Solar Blanket
- 1 Rain Poncho
- 1 Small Flashlight & Batteries (store batteries separately from flashlight)
- 9 Protein food bars, Granola bars, Peanut Butter Crackers or Cheese & Crackers
- 9 Fruit Rollups or small boxes of Raisins
- 3 bottles of water (recommendation is 1 Gallon of water/per person/per day (64 oz is for drinking & 64 oz is for other uses). This is not always practical when storing, so purchasing purification tablets from the camping section of the store will allow you to use the bottles that you have and make clean enough to drink)
- Emergency Phone Numbers
- Emergency Medications 3-day supply
- Emergency Plan

Other Items to Consider

- Cash
- Copy of Driver's License or other identification paperwork
- 1 Bandana or small towel
- 1 Pair work gloves
- 1 Pair latex gloves
- 1 Surgical Mask or N95 Mask (filters more germs)
- 1 Pair Goggles
- 1 Small Radio with Batteries
- Matches
- 1 Small bottle Hand Sanitizer or small package of handi-wipes
- Deck of cards/or small game
- Travel toothbrush & toothpaste
- Clean underwear & socks
- Toilet paper & or Kleenex pack
- Book
- Tweezers
- Scissors
- Needle, Safety pins
- Thread
- Small First Aid Kit
- Manual can opener
- Corded Telephone (landline)

For more information on purchasing or receiving assistance in preparing these kits for your community/congregation, please call Connie Jerviss at The Volunteer Center (360) 741-2609 or e-mail at connie@volunteer.ws