



96-HOUR KIT

A 96 hour kit is made up of five smaller sub kits. The complete kit is intended to be small and light enough that you can easily move and carry it at any time to any location. The check list is meant to be a guide. Plan well and think about what you consider to be essential.

Food and Water Kit

Essential	Consider
Energy Bars	Water Purification
Water (refillable bottle)	Hot Meal (MRE type)
Protein/Energy Snacks	Pet Food

Hygiene Kit

Essential	Consider
Toilet Paper	Chapstick
Soap (liquid)	Sun Screen
Deodorant	Bug Repellent
Tooth Brush	Metal Mirror
Tooth Paste	Tweezers
Wash Cloth	Nail Clippers
Comb/Brush	Dental Floss
Feminine Products	Baby Powder
Hand Sanitizer	Q-Tips
Eye Glasses/Contacts	Contact Lens Case Contact Lens Solution

First Aid Kit

Essential	Consider
Perscription Meds	Saline Solution
Nitrile Gloves	Burn Gel/Cream
4x4 Gauze (4-6)	Pressure Dressing
2x2 Gauze (4-6)	Sam Splint
4" Kerlix (2)	ICE Pack
2" Kerlix (2)	Heat Pack
Band Aids (1bx)	Anti-Diarrheal Med
ABD Trauma Pad	Stool Softener
Scissors	
Cloth Tape	
Antibiotic Ointment	
Triangle Bandage	
4" ACE Bandage	
2" ACE Bandage	
Spare Blanket	
ASA/Tylenol/IBU	
Benadryl	

Expiration Dates

Record on the back of this form any item that has an expiration date such as food or batteries, medication, etc.

Tool Kit

Essential	Consider
Emergency Plan	Leatherman
Leather Gloves	Para Cord (100')
Goggles/Safety Glasses	Duct Tape
Dust Mask (N95)	Sewing Kit
Flash Light/Head Lamp	Fire Starter
Extra Batteries	Sleeping Bag
Whistle	Tent
Can Opener (P38)	Small Binoculars
Knife	Hand Warmers
AM/FM Radio	Compass/GPS
Pen/Pencil, Note Pad	Glow Stick
Gas shut off tool	

Clothing

Essential	Consider
Good Shoes	Warm Gloves
Socks (minimum 2 pair)	Scarf
Underwear (2 pair)	Beanie Hat
Hat	Seasonal Jacket
Rain Poncho	Sunglasses

Other Essential Items

BACK PACK, ROLLING BAG, or ICE CHEST:

This does not have to be expensive but remember it must be strong/durable enough to meet your needs as well as large enough and easy enough to move.

Communication Devices and Plan: Determine which communication methods you plan to use as outlined in your personal or family plan.

Money: Small bills; how much you choose to keep in your kit depends on you. ATM and debit machines may not be accessible or working.

Special Notes

The items listed are only suggestions. Be careful with what you buy. You might get what you pay for.

Food: Pack food that you will eat and needs little preparation.

Batteries: Standardize any battery used to AA if possible.

Good Shoes: High heels or flip flops are not safe for walking in debris or long distances in an emergency.

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