

72 HOUR EMERGENCY KIT

in a Wheeled Backpack

Includes 114 Items

FOOD UNIT

- 2 Chicken Noodle Soup
- 1 Ramen Noodle Soup
- 1 MRE Bread
- 2 Granola Bars (2 pk)
- 1 Instant Oatmeal
- 2 Spiced Apple Cider
- 1 Hot Chocolate
- 1 Peanut Butter
- 1 Jelly
- 1 Fruit Cup
- 2 Beef Jerky
- 1 Fruit Nut Bar
- 1 Trail Mix
- 1 Fruit Roll-up
- 1 Raisins
- 1 Crackers & Peanut Butter (6 pk)
- 3 Candy
- 6 Napkins
- 1 Spoon

PERSONAL UNIT

- 1 2 oz. Liquid Soap
- 1 2 oz. Shampoo
- 1 Sunscreen Towelette
- 1 2 oz. Lotion
- 1 Razor
- 1 Tooth Brush
- 1 Comb
- 1 Emery Board
- 1 Shaving Gel
- 1 Bar Soap
- 1 Sewing Kit
- 1 Tooth Paste
- 1 Lip Balm
- 3 Wash-ups
- 1 Rolled Tissue
- 1 Facial Tissue
- 3 Disposable Towels
- 1 Bug Repellant Towelette
- 1 Dust Mask

1 Gallon Mylar Water Pouch

FIRST AID UNIT

- 1- 8"X10" Dressing
- 1- 5"X9" Dressing
- 1- 4"X4" Gauze Pad (2 pack)
- 1- 3"X4" Non Stick Pad
- 1- 2"X3" Non Stick Pad
- 1- 2"X2" Gauze Pad (2 pack)
- 5- 3/4"X3" Band Aids
- 5- 1"X3" Band Aids
- 1- Knuckle Bandage
- 1- Fingertip Bandage
- 2- Butterfly Bandage
- 1- 2" Rolled Sterile Gauze
- 1- 1/2" Paper Tape Roll
- 2- Vinyl Gloves
- 2- Triple Antibiotic Extra Strength (2 pack)
- 2- Ibuprofen (2 pack)
- 1- Hydrocortisone
- 2- Burn Cream
- 2- Alcohol Prep Pads
- 2- Antiseptic Towelettes
- 1- Scissors
- 1- Tweezers
- 2- Safety Pins
- 1- First Aid Instruction Sheet

BASIC UNIT

- 1 Flashlight
- 1 D Batteries Heavy Duty (2 pack)
- 1 Camp Cup
- 1 Sterno
- 1 Emergency Poncho
- 1 Emergency Blanket
- 1 Hand Warmers (2 pack)
- 1 Garbage Bag 33 gal.
- 2 Baggies
- 1 Whistle
- 1 Compass
- 1 Pencil
- 1 Paper Pad
- 1 Multifunction Pocket Knife
- 1 Waterproof Matches
- 1 50 Water Purification Tablets

This kit preferred by the American Red Cross, Greater Salt Lake Chapter. Includes supplies for all 10 areas of survival requirements.

During a disaster you need the basics of survival until organized help arrives.

You need a 72 HOUR KIT.

