72-Hour Supplies

- Instant/Just Add Water Food - 3 days per person
- 1 gallon water per person
- Sterno Stove (empty metal can to heat water on)
- Shelter (tent/rv/trailer/car)
- Blanket (per person)
- Lighting (flashlight, matches, candle)
- Walking shoes (Be able to walk several miles or several days)
- 2-way radio (cell phone towers will be down)
- Children's I.D. (name, birth date, nearest relatives)
- Maps (backroads and alternative roads to meet up spot)
- Hoodie or Coat, respirator mask and latex gloves
- Water Filter Straw (water bottle to hold the water)
- Protection (pepper spray, stun gun, gun, knife)
- List of names and phone numbers
- Gloves to help remove debris from collapsed structures
- Pain relievers and band-aids
- Small notepad and pen

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1. Store items away from your home/garage (trunk/rv/shed).
2. Bury a set of keys in a can to get in your home/car/rv (cannot retrieve from a collapsed home).
3. Have a family council and explain procedures.
4. Determine channel on 2-way to meet on, call each other by middle names.
5. Determine meet up spot on both sides of the canyon, both sides of town, etc.
6. Leave note taped on house door where/when you left to, if you leave.
7. If cars are not usable, how will you meet up? Motorcycles? Walking? What path to where?
8. Keep backpacks and supplies in the vehicle - no exceptions.
9. Use gloves when touching anything in public. Burn when finished. (Plague, nuclear, chemical)
10. Cover head and face during nuclear fallout, until rescued.
11. Walk near groups, but not in them - keep your distance.
12. Leave text messages about location, time, and direction headed. When service comes back on, it will get through, whereas calling is rejected from jammed lines.
13. Call an out of area relative asap who can relay to others concerned if you are okay.
14. Leave notes at all meet up spots as you are passing through.