

72-Hour Kit

food packing list

Emergency Food Suggestions

Bottled Water
Water Pouches
Electrolyte Mix
Survival Tabs
Canned Chicken & Crackers
Canned Fruit & Veggies
Granola Bars/Fruit Snacks
Peanut Butter
Protein Powder Packets
Canned Soup
Freeze-dried Fruit/Veggies
Freeze-dried Meals
Hard Candy

Tips to consider:

- Keep your food in a cool, dry place that is easily accessible so that you get to it quickly in an emergency.
- Pack utensils, a can opener (if you have canned goods in your kit), and other necessary tools for preparing your food.
- If you or someone in your family have dietary restrictions, include food items that meet those needs.
- Label all of the food items with the date of purchase and ensure you know the expiration date.

It is crucial to rotate the foods in your 72-hour kits regularly. You want to avoid going through all the hard work to put a kit together to have your food expired when needed.

