

Recommended 1 Person 72-hour Survival Kit Contents



Key:

* = Included in all CEN Standard and Deluxe Personal Survival Kits

** = Included in all CEN Deluxe Personal Survival Kits

*** = Highly Recommended Upgrade to all CEN Personal Survival Kits

= Highly Recommended Items that you personally ADD to your Survival Kit

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Food & Water

- 1. Water (36 oz to 1 gallon/person/day, in non-breakable containers) *
- 2. Food (non-perishable, 3600 calorie minimum) *
- 3. Water purifiers (10+ potable aqua tablets) **
- 4. Can opener (non electric) *
- 5. Paper cups, plates, eating utensils, if desired

Health & Medical

- 6. First Aid Kit *
- 7. Non-prescription drugs #
- 8. Prescription Drugs (3-day supply) #
- 9. Insect repellent
- 10. Sun block

Sanitation & Hygiene

- 11. Moist towels for sanitation *
- 12. Plastic bags with ties (for personal sanitation)
- 13. Household chlorine bleach (for cleaning things)
- 14. Hand Disinfectant, Soap or Liquid Detergent
- 15. Plastic bucket with tight lid
- 16. Toilet paper or tissue packs
- 17. Personal hygiene: toothbrush, soap, comb, razor *
- 18. Feminine Supplies

Communication

- 19. Battery-powered radio plus extra batteries
- 20. Solar and/or Handcrank radio***
- 21. Flashlight and extra batteries*
- 22. Whistle (with lanyard) *
- 23. Highway flares
- 24. Cellular phone#
- 25. Emergency Candle *
- 26. 12 hour Lightstick *

Shelter

- 27. Tube Tent *
- 28. Emergency "space" blanket (mylar) *
- 29. Emergency ponchos *
- 30. Plastic Sheeting with Duct Tape
- 31. Hand Warmers *

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Important Documents

- 32. Cash or Traveler's checks #
- 33. Identification papers (passports, social security, Driver's Licenses)
- 34. Emergency Phone Numbers/Contact Cards #
- 35. Bank account and credit card numbers
- 36. Insurance policies, wills, deeds, stocks, bonds

Valuable Tools

- 37. Wrench and pliers
- 38. Matches in waterproof container *
- 39. Compass *
- 40. Paper, Pencils, Tape
- 41. Needles, thread (sewing kit)
- 42. Utility "Swiss Army" knife *
- 43. Dust Mask *
- 44. Nylon rope (50 feet) *
- 45. Hatchet or axe
- 46. Foldable Shovel
- 47. Pair of Work Gloves **
- 48. Safety Goggles **

Miscellaneous

- 49. Infant formula and diapers (for those with babies)
- 50. Prescription eye glasses or contact lenses, dentures #
- 51. Area Map (for locating shelters)
- 52. Games, books for children
- 53. Emergency Preparedness Manual/Plan *
- 54. Plastic garbage can on wheels
- 55. Pet care supplies
- 56. Reading material *

Change of Clothing

- 57. Sturdy shoes
- 58. Jacket or coat (for snow or rain)
- 59. Long pants
- 60. Long sleeve shirt
- 61. Hat and gloves

Christian Emergency Network (CEN) was established after September 11, 2001, by several Mission America Coalition partners (a coalition of 500 leaders and 80+ denominations) to respond effectively in a national crisis, giving the hope of Jesus Christ. The CEN message is simply to pray for, care for and sensitively share Jesus with those He has placed in our path during tragedy. Our united message of His love is stronger when we give it together!