

16-Week Planner

FOR 72-HOUR KIT BUILDING

week 1

PREPARE YOUR SPACE

Determine a place in your home where you will keep your entire family's 72-Hour Kit(s). Do whatever is necessary to empty or prepare that area in your home, whether this means cleaning out a closet, building shelves, or purchasing hooks etc.

week 2

FIND STORAGE

Decide and purchase or gather whatever you will use to pack your family's kit(s) in. The most common things to pack individual kits in are backpacks, but choose what makes sense for your family. Label which pack/bin belongs to which family member. Put packs in the prepared 72-hour kit space in your home. Remember, you will have individual grab & go bags for each family member, as well as other items in your 72-hour kit.

week 3

ZIPLOCS & SHARPIES

Purchase at least one box of gallon-sized and one box of Jumbo-sized zipper bags. Hefty or Ziploc are good brands to use, as they do not break as easily. Some even come with bigger bases that stand up. Also acquire a few sharpie pens for labeling.

week 4

PRINT CHECKLISTS

Find and print a checklist for EACH person in your family. Write family member's name at the top of their individual checklist. Cross off anything you do not intend on including in that person's kit. Add anything that seems appropriate to each list. Store lists with each family member's pack. Also print out or make an "expiration date" list for your kit.

week 5

PERSONAL ITEMS BAGS

Label one GALLON-sized zipper bag for each family member. Purchase or gather personal items for each person, such as toothbrush & toothpaste, soap, hygiene products, wipes, OTC & prescription medication, insect repellent, etc. Record any expiration dates. Place in zipper bags and put in individual kits. Mark off items on any list you have printed. If you cannot afford all items at this time, highlight items you still need.

week 6

CLOTHING BAGS

Label one (or more) JUMBO-sized zipper bags for each member of your family. Gather 3 days of clothing for each person. Add clothing to Jumbo zipper bags and place in individual kits. It may be easier to put together an entire clothing bag for one family member before moving on to the next.

week 7

SURVIVAL BAGS

Label one GALLON-sized zipper bag for each member of your family. Purchase or gather all items needed for survival purposes for each person, such as a flashlight, batteries, whistle, matches, pocketknife, etc. Record any expiration dates. Place zipper bags in individual kits. Mark off items on any list you have printed. If you cannot afford all items at this time, highlight items you still need.

week 8

RANDOM/FUN BAGS

Label one GALLON-sized zipper bag for each person in your family. Gather items such as paper, pencils, card games, activity books, small toys, or any miscellaneous item you feel would help pass the time. Add items to zipper bags, and place in individual kits.

HELPFUL WEBSITES FOR PACKING LISTS

National:
ready.gov/kit

Global:
redcross.org

State:
beready.utah.gov



neighbors-prepared.org

The 16-week plan in this handout came from, and some lists can be found at: www.planforawesomeness.com

week 9 SNACK BAGS & ID CARDS

Label one GALLON-sized zipper bag for each person in your family. Purchase individually-packaged, healthy snacks for each person (this will not be the main source of food for your 72-hr kit). Record expiration dates. Place snack bags in individual kits. Also make an emergency contact card for each family member's kit. If your child is separated from your family, put down how someone would be able to contact you. Place in or attach to individual kits.

week 10 5-GALLON BUCKET

Purchase or gather a 5-gallon bucket with a lid. Also purchase a bucket toilet seat and place inside of bucket. Pack bucket with the any items your family will need collectively, such as a tarp, can opener, wrench, pliers, garbage bags, local maps, radio, charger, etc. Place bucket in your 72-hour kit storage location.

week 11 WATER STORAGE

Calculate how much water your family will need for three days. Purchase enough water gallons or water bottle flats to cover everyone in your family. Be sure to record the expiration dates. Place in your 72-kit location.

week 12 FOOD

Consider what your family will eat for 3-days and make a meal plan. Determine How to prepare the meals and what kind of paper goods, utensils, cooking supplies, fuel, and clean up each meal will require. Buy or gather all food and meal prep items, as well as something to store it all in. Record expiration dates. Place food kit in 72-hr kit location.

week 13 PET KIT

Prepare an emergency kit for your pets. Things you may want to include might be leashes or harnesses, pet food, waste bags, cat litter/box, carrier, blanket, bedding, etc. Record food expiration dates. Place pet kit in 72-hour kit location.

week 14 GRAB LISTS

With family members, make a GRAB LIST of items you would want to grab (in addition to your 72-hour kits) in an evacuation. Practice scenarios in which you would want to grab these items, and when you would want to just *get out* of the house.

week 15 EMERGENCY BINDER

Purchase or gather a 3-ring binder and make an emergency documents binder. Things to include would be: emergency contact info; up-to-date medications list; insurance information; doctors names and numbers; living will; power of attorney; copies of IDs & birth certificates; bank information; etc. You may want to consider investing in a fireproof lock box to keep copies in as well.

week 16 FIRST-AID KIT & WRAP UP

Purchase or gather items to include in a first-aid kit as well as a storage container for the kit; or you may want to purchase a completed first-aid kit. Place first-aid kit in your 72-hour kit location. Also look over lists to see if you have highlighted anything you were unable to buy in weeks prior, and buy or gather those items. Congratulations! Your kit is finished!