

# 72 Hour Deployment Kit

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# Over All Topics

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**Basic Kit**

**Shelter**

**Water**

**Food**

**Sanitation**

**Fire**

# Basic Kit

- Personal care items ( tooth paste, tooth brush, etc)
- One change of cloths
- Extra under ware & socks
- Flash light and spare batteries
- Matches in waterproof container
- Pocket knife or multitool
- Emergency or wool blanket
- Tent or small tarp
- Nylon cord
- Rain gear
- Plastic Bags ( small & garbage)
- Small cook kit with silver ware
- Cup & water bottle
- Vitamins
- A week of prescription drugs if needed
- Spare glasses or contact care if needed
- Bug spray and sun block
- First aid kit
- Small stove
- Soap and towels
- Toilet paper
- Hand sanitizer

# Shelter

- Equipment shelter
  - Popup shelter
  - Tarp
  
- Personal shelter
  - Tent
  - Plastic sheet or tarp

# Water

- One gallon of water per person per day for drinking
  - The body loses a gallon of water per day
  - Store in food grade containers
  - Refill containers once a year
- One half to one gallon a day for cooking, bathing, and sanitation

# Food Suggestions

## ■ High Energy Food

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- High energy bars
- Granola bars
- Trail mix
- Jelly
- Peanut butter
- Crackers
- Beef jerky
- Peanut butter crackers
- Nuts

## ■ Ready to Eat Food

- Canned tuna
- Apple sauce cups
  - Apple sauce cups
  - Fruit cups
  - Canned tuna
  - Canned chicken
  - Juice boxes
  - Pudding cups
  - Bread sticks
  - Canned milk

# More Food

- Foods that need preparation

- Rice
- Lentils
- Macaroni & cheese
- grits, oatmeal, cream of wheat, etc
- Ramen noodles
- Beef stew
- Cup of soup
- Instant coffee or tea

- Staples

- Sugar
- Salt
- Pepper
- Creamer

- Comfort Foods

- Hard candy
- Cookies
- Lollipops

# Sanitation

Where are you going to go  
when you have to go?

- Keep waste away from setup
- Portable toilet
- Five gallon bucket with tight lid
- Disinfectant
- Toilet seat for bucket
- Privacy enclosure for toilet
- Put all your trash in bags and take out with you
- Toilet paper
- Dish washing
  - Soap
  - Dish towel or paper towels



# Fire

- Matches
- Lighter
- Uses
  - Cooking
  - Heating water
  - Heat