

96-Hour Comfort Kit (Formerly known as 72-Hour Kit)

The sole purpose of a 96-Hour Comfort Kit is to provide some *comfort* in an away-from-home emergency

Water – minimum of 5-6 gallons per person for 4 days – this is not enough water, but weight is a consideration.

Daily recommended water amounts of per person

- One gallon – personal consumption (minimum)
- One gallon – personal hygiene (minimum)

Suggested Food – 4+ days per person

Canned foods: meat, fruit, vegetables, soup

Boxed or canned fruit juices – try to avoid soda as it only makes you thirstier

Powdered milk + mixing container + Cold cereal, pop tarts, cookies

Crackers, granola, raisins, nuts, trail mix, jerky, freeze dried-dehydrated foods, fruit leather
(Replacing canned foods with dehydrated food to save weight will require extra water).

Can opener, knife (or multipurpose tool) + spoon, cup or bowl, paper towels

Clothes – per person

1 extra change of clothes – Long sleeve shirt, full length pants, socks

1 extra pair of sturdy walking shoes (not flip flops or open toe), sturdy gloves

Fleece/Jacket (or coat, depending on the weather)

Medications –

Prescription meds: 5 days' worth + Non-prescription: Aspirin, etc.

Comfort –

Blanket or sleeping bag + pillow + sleeping pad

Camp chair (canvas folding style)

Child's favorite blanket or toy (if you have children)

Hygiene / Sanitation / First Aid – ALL ITEMS IN ZIPLOCK BAGS

Toilet paper, moist towelettes, **hand soap**, lotion, personal hygiene items

Dental items - Toothbrush + toothpaste + floss

First Aid items – Band-Aids, bandages, antiseptic, exam gloves, tape, etc.

Shelter

Emergency shelter – tent, tarp, plastic sheet

Daypack/Backpack – Contents: Items included when traveling

Consider attaching the umbrella & camp chair to exterior sides of the pack.

Empty Bucket w/lid & handle – size: 5 or 6-gallon

Contents: Heavy items - food, emergency items

Water Container – with sturdy handle – 5-gallon (max)

Contents: Water

Traveling/Walking –

Wear the day pack and carry the bucket in one hand and the water container in the other.

At Destination

The bucket can be used to sit on (rather than bringing a chair) or it can be used as a toilet with garbage sack liner. The right style/shape of water container can also be used to sit on.

Alternate 96-Hour Comfort Kit

If you travel somewhat often, a **packed travel bag** (preferably with wheels) can be a great extension of a 96-Hour Comfort Kit. If you prefer to pull, rather than carry, this is a good switch from a daypack. Because you use it regularly it contains clothing that is in style, fits and seasonal changes in clothing happens each time you consider the weather conditions and repack for your next travel adventure. A few days before you depart you update the contents. It is kept up to date without having to remember to do it.

Instructions

Review items listed previously. Separate items you would **not** normally have in your travel bag and place them in the bucket.

Travel Bag with wheels (replaces daypack or backpack)

Contents

Items normally taken when traveling i.e. traveling to stay with a friend, family member or hotel.

Bucket with handle & lid

Contents – What do You Put in the Bucket?

All items from the list above and below that are **not** in the travel bag. In an emergency you will not need any fancy clothes (which may or may not already be in your packed travel bag). You will want a change of expendable, every day or work clothes. If work clothes are not part of your normal travel bag accessories consider leaving a set in the bucket (if so, these will not be regularly updated.)

When Traveling/Walking – Water container and bucket

Water container – strap, or duct tape to the top of the luggage (travel bag) and pull it along. Carry the bucket in the other hand.

Or, strap both water container and bucket to luggage, leaving one hand free. Attach extra strap to bucket for this purpose.

Bucket

Only items with expiration dates (i.e. food) would need to be reviewed regularly and rotated or updated.

List of Emergency Type Items - not necessarily the items' intended use

Quantity

Per Person	Item	Use	Secondary	Additional Uses
1	Radio + batteries	Communications		
2-3	Black garbage sacks	Weather protection	Cary items	Bucket toilet liner
2	Breathing (face) Mask	Germ protection	Dust protection	Odor protection
1	Shipping blanket, fleece	Ground cloth – protect from hard ground		
1	Plastic sheet or tablecloth	Ground cloth – protect from wet ground		
2	Juice bottle w/built in handle	H2O container	Digger	
3	2-liter pop bottle, plastic bottle	H2O container	Funnel	Scoop
2-3 sets	Ear plugs – cut off if too long	Noise reduction		
1	Earmuffs (gun shooting type)	Noise reduction		
1	Reflective emergency blanket	Warmth & water protection		
1	10 zip ties – various lengths	Tie stuff together		
1	Poncho – disposable type	Warmth & water protection		
1	Knife or Multi-use tool	Essential item in emergencies		
1	Flashlight + batteries	Essential in the dark		
1	50' cord &/or twine	Tie stuff together		
2	Disposable lighters	Fire starter		
1	Hat & Sunglasses	Sun protection		
1	Notepad & pen	Write 'farewell to the world' note		
1	Sleeping mask	Block out light		
1	Handkerchief	Block out dust on face, support damaged arm		
1	Umbrella	Sun or rain protection		