Family Survival Planning

www.family-survival-planning.com

72-Hour Kit Contents Checklist

Suggested food items:

DAY 1	Breakfast	Tang
		Oatmeal
	Lunch	Beef Jerky
		1 Granola Bar
	Dinner	Fruit Roll-up
		Can or vacuum-packed meal
		Hot Cocoa Mix
	Snack	3 pieces of candy
		3 pieces of gum

DAY 2	Breakfast	Hot Cocoa Mix
		1 Granola Bar
	Lunch	Dry Soup Mix
		Raisins
	Dinner	Stew/Pasta
		Fruit Roll-up
	Snack	3 pieces of candy
		3 pieces of gum

DAY 3	Breakfast	Tang
		Oatmeal
	Lunch	Dry Soup Mix Dried fruit
	Dinner	Can or vacuum-packed meal
		Fruit Roll-up
	Snack	3 pieces of candy
		3 pieces of gum

NAME: _____

DATE PACKED: _____
(use within 1 year)

ADDITIONAL ITEMS NEEDED FOR EACH PACK

_____ 2-liter bottle of water to reconstitute the foods included. (Use 3/4 cup water with Tang and hot cocoa mix)
_____ Plastic spoon, fork & knife
_____ 3 (2-liter) bottles of water are suggested for each person.
_____ Snack-size zip-lock bags for Tang and hot cocoa
_____ Wing stove
_____ Fuel pellets & matches

DAY 1	Breakfast	
	Lunch	
	Dinner	
	Snack	

DAY 2	Breakfast	
	Lunch	
	Dinner	
	Snack	

DAY 3	Breakfast	
	Lunch	
	Dinner	
	Snack	

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RESOURCES FOR EMERGENCY FOOD SUPPLIES

Freeze-Dried Foods

Food for your 72 Hour plan should be lightweight, compact, and require no refrigeration, preparation or cooking. Freeze dried foods, like Mountain House®, have up to a 25 year shelf-life (pouches 5-7 years), making them ideal for emergency backup. In addition they require much less water and require NO COOKING & NO PREPARATION. It's what I call "no-brainer" food storage.

Military MRE Ready to Eat Meals MRE's

(excellent for run & go evacuations)

Another emergency food you may wish to consider are military MRE's (Meals Ready to Eat). These are excellent for run-and-go quick evacuations. 12 Meals typically come in a case. Shelf-life is usually about 5 years if stored at room temperature. Not recommended for kit stored in your car.

Emergency Food Ration Bars for Kits (3600k) Food Rations

Datrex Food Ration Bars are high in calories and low in protein so as to provide high energy yet require minimal water for digestion. Specifically developed to be NON-THIRST PROVOKING. No need to "wash it down" when eating. Extra long 5 YEAR SHELF-LIFE! They taste like a crunchy cookie with a slight coconut flavor.

Survival Food Tablets Food Tablets*

A convenient, compact and lightweight food ration for any emergency. These high calorie food tablets provide full vitamin and mineral requirements plus protein for strength, carbohydrates, dextrose and lactose for fast energy, as well as fatty acids for long endurance, malt taste.

The recommended daily consumption is 12 tablets per day. These really are a true survival food that you could live on for up to several months in an emergency situation. Shelf life is estimated to be to 10 years plus. Tests have shown negligible loss of nutrients after storage at

Long Storing Vitamins (Super Spectrim) 10 Yr. Storing Vitamins

Super Spectrim 12 Hour Time-Release Vitamins are specially made LONG STORING (up to 10 years) that are the most scientific and nutritionally complete vitamin and mineral supplement available!

These SUPER POTENCY MULTI-VITAMINS can be used day-in and day-out as a daily multi-vitamin supplement or stored for up to 10 YEARS for use later. **Do NOT confuse these SUPER potent multi-vitamins with store bought types**. There is no comparision! If you store foods for emergency preparedness, I highly recommend Super Spectrim Multi-Vitamins.

MORE EMERGENCY FOOD SUGGESTIONS

Instant Powdered Soup Mixes

Instant Oatmeal Packets

Disposable Bowls, Cups & Utensils

Foods for your Pets

High Energy Hard Candy

Extra 2 to 4 Weeks of store bought non-refrigerated foods
(canned goods, crackers, boxed drinks, cereals, oatmeal, etc.)