

72 Hour Kit Contents List

Day 1	Breakfast	Tang Oatmeal
	Lunch	Beanie Weenies Fruit Roll-Up
	Dinner	1 granola bar Beef jerky Hot cocoa mix
	Snack	3 pieces gum 3 pieces candy
Day 2	Breakfast	Hot cocoa mix 1 granola bar
	Lunch	Lipton soup Raisins
	Dinner	Stew/Pasta Fruit Roll-Up
	Snack	3 pieces gum 3 pieces candy
Day 3	Breakfast	Tang Oatmeal
	Lunch	Lipton soup
	Dinner	Beef Jerky Fruit Roll-Up
	Snack	4 pieces gum 3 pieces candy

This kit requires a 2-liter bottle of water to reconstitute the foods included.

Mix 3/4 cup water with Tang and hot cocoa mix.

Plastic spoon and matches are included.

Save and reuse the Beanie Weenie can to heat other foods if no other container is available.

3 (2-liter) bottles of water are suggested for each perso .

NAME: _____

DATE PACKED: _____ (use within 1 year)

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