

72 Hour Kit Shopping List

Food Item	# per Kit	# of Kits	Total #
Tang (1/4 cup each serving)	2 servings		
instant oatmeal	2 packets		
granola bars	2		
cocoa mix (1/4 cup each)	2 servings		
single serving stew or pasta with "pop top" lid	1		
gum	10 sticks		
jolly rancher candy	9 pieces		
beanie weenies with "pop top" lid	1 can		
.5 oz fruit roll-ups	3		
single serving Lipton Noodles	2 envelopes		
1 oz. package raisins	1 package		
1 oz. package beef jerky	2 packages		
plastic spoons	3		
matches	1 package		
snack-size zip lock bags for Tang and cocoa	4 baggies		
clear packing tape to close	NA		
wing stove	1		
fuel pellets	3 packages		

72 Hour Kit Shopping List

SAMPLE

Food Item	# per Kit	# of Kits	Total #
Tang (1/4 cup each serving)	2 servings	4	8 (2 cups)
instant oatmeal	2 packets	4	8
granola bars	2	4	8
cocoa mix (1/4 cup each)	2 servings	4	8 (2 cups)
single serving stew or pasta with "pop top" lid	1	4	4
gum	10 sticks	4	40
jolly rancher candy	9 pieces	4	36
beanie weenies with "pop top" lid	1 can	4	4
.5 oz fruit roll-ups	3	4	12
single serving Lipton Noodles	2 envelopes	4	8
1 oz. package raisins	1 package	4	4
1 oz. package beef jerky	2 packages	4	8 oz
plastic spoons	3	4	12
matches	1 package	4	4
snack-size zip lock bags for Tang and cocoa	4 baggies	4	16
clear packing tape to close	NA		
wing stove	1	4	4
fuel pellets	3 packages	4	12