

SALT LAKE CITY EMERGENCY MANAGEMENT

96-HOUR KIT INFORMATION



Introduction

Building a 96-hour kit can feel overwhelming, especially if you're not experienced in camping or hiking. The key is to tackle it step by step. Below are nine basic categories to guide you but remember to customize your kit to fit your specific needs. Practice using your kit to identify any additional items you may want to include (or exclude). Ultimately, your kit should sustain you for at least 96 hours.

Water

Water is a critical component of your 96-hour kit. The standard recommendation is one gallon per person per day, but individual needs may vary based on factors like age, health, and activity level. Since water is heavy (about 8 pounds per gallon), include a portable water filter to supplement your supply. Affordable options are available for around \$20.

Food

For 96 hours of food, weight is a key consideration. Dehydrated or freeze-dried foods are lightweight options, with freeze-dried foods offering longer shelf life. Keep in mind that rehydrating these foods will require water and your gas or electric stove, so use it wisely and know what access you have to electricity. Resealable food pouches can help conserve both food and water. Most freeze-dried foods come in four-serving pouches, so include a small stainless steel or aluminum cup in your kit to prepare single servings as needed.

While freeze-dried foods can be eaten cold, including a heat source and ignition tools (e.g., lighter, matches, or magnesium bar) in your kit is recommended. A small propane stove or ignitable tablets, available at camping stores, can make meal preparation easier. Your stainless steel or aluminum cup will also be useful here.

Medications

If you rely on specific medications, include them in your 96-hour kit. Many doctors will prescribe extra if you explain the need. Manage your medications by rotating them—use the ones in your kit before refilling your prescription, then restock the kit with the new supply.

For medications requiring refrigeration, like insulin, store them in an insulated container in an easy-to-grab spot in your refrigerator. Leave a note on your kit to remind you to grab them when needed and keep small cold packs in the freezer to help maintain the temperature for a few days.

First Aid

A 96-hour kit should include basic first aid supplies, such as:

- Medical exam gloves
- Small bottle of sterile saline (for flushing wounds and burns)
- Alcohol wipes
- Antibiotic ointment (e.g., Neosporin, some with pain relief)
- Assorted adhesive bandages (waterproof recommended)
- 4" roller gauze
- 4x4 gauze pads
- Medical tape
- Medical shears
- Butterfly strips (or cyanoacrylate glue for deeper cuts)
- 4" elastic bandage
- If skilled, consider adding splinting materials or a suture kit.

Hygiene Kit

- Hand sanitizer
- Soap
- Toothpaste and toothbrush
- Mouthwash
- Wet wipes (preferable to toilet tissue as they're versatile and conserve water)
- Nail clippers
- Washcloth
- Hand towel
- Bath towel

Clothing

1. **Seasonal Updates:** Swap out clothing twice a year—for warm and cold weather. Layering is essential for flexibility and comfort.
2. **Clothing Essentials:** Include at least one pair of long pants, a long-sleeve shirt, gloves, and extra underwear and socks. While outerwear can be reused, changing undergarments daily helps prevent rashes and odor.
3. **Footwear:** Properly fitting, protective footwear is critical. Foot injuries like blisters can quickly hinder mobility and, in extreme cases, become life-threatening.
4. **Gloves:** Include durable, well-fitting gloves to protect your hands from injuries caused by rough or sharp objects—injured hands can severely limit your ability to function.

Multitool(s)

- Knife (smooth and/or serrated blade)
- Bottle opener
- Can opener
- Flat-head screwdriver
- Phillips-head screwdriver

- Pliers
- Flashlight
- If you wear glasses, add a small eyeglass repair kit.

Radio

Including a radio in your kit is essential for staying informed and communicating. The ideal choice is an AM/FM radio with NOAA Weather channels. Many FRS radios (walkie-talkies) also include NOAA channels and enable short-range communication with family or group members—having both is a great option. While hand-crank radios are useful in a pinch, battery-powered models are more reliable, **so include extra batteries in your kit.**

@BeReadySLC on social media

801-799-3605

BeReadySLC@slc.gov