

72 Hour Kit Food Packs Enough for 1 Day

Item	Extra Water Required	Need	Weight oz.	Total Weight oz.	Cost Ea.	Total Cost	Calories Ea.	Total Calories
Kellogg's Pop tarts (twin)	No	1	4.00	4.00	0.41	0.41	234	234
PowerBar Protein Plus bars	No	2	2.75	5.50	0.98	1.96	290	580
Chef Boyardee Ravioli, or other	No	1	7.50	7.50	0.85	0.85	232	232
Maruchan Ramen Noodle Soup	Yes	1	3.00	3.00	0.16	0.16	380	380
Curious George MM Fruit Snacks	No	2	0.90	1.80	0.15	0.30	100	200
Del Monte Fruit cup	No	1	4.00	4.00	0.41	0.41	80	80
Sunmaid Raisins	No	1	2.00	2.00	0.50	0.50	90	90
Nature Valley O'N H Granola bar	No	1	1.50	1.50	0.24	0.24	180	180
Quaker CC Granola bar	No	1	0.84	0.84	0.13	0.13	100	100
Crystal Light powder stick	Yes	1	0.14	0.14	0.17	0.17	5	5
Wrigley's Doublemint gum 5 pc.	No	1	1.28	1.28	0.18	0.18	50	50
Arrowhead water bottle 16.9 oz	No	2	16.90	33.80	0.13	0.26	0	0
Germ-X Hand wipes	No	1	1.00	1.00	0.10	0.10	0	0
Plastic fork & spoon	No	1	1.00	1.00	0.04	0.04	0	0
1 Day Totals				67.36	4.45	5.71	1741	2131
1 Day			In lbs.	4.21				
3 Day Totals			In lbs.	12.63		17.13		

Try to keep around 2000 Calories

Recommended Calories Per Day, Active (chose active because of stress)

Children 2 - 3, 1000 - 1400

Females 4 - 8, 1400 - 1800

Females 9 - 13, 1800 - 2200

Females 14 - 50, 2200 - 2400

Females 51+, 2000 - 2200

Male 4 - 8, 1600 - 2000

Males 9 - 13, 2000 - 2600

Males 14 - 50, 2800 - 3000

Males 51+, 2400 - 2800

[See Dietary Guidelines for Americans 2005, Table 3](#)