

Southwestern Texas Synod

BECOME A 72 HOUR LUTHERAN

A 72 Hour Lutheran is a person of faith who is ready to care for their household - and help neighbors - for at least 72 hours after a disaster

Know Your Risks & Make a Plan

- Discuss local hazards (storms, floods, wildfires, power outages, etc.)
- Identify your home's safe areas or shelter spaces
- Map out evacuation routes (nearby and 10-50 miles away)
- Choose an out-of-state contact for family check-ins
- Plan for pets, livestock, and special medical needs
- Share your emergency contact info with your church
- Make sure your church has your most current phone number and address

Build a 72-Hour Emergency Kit

Documents & Essentials

- Photo ID, insurance, medical & important papers in a waterproof bag
- Prescriptions & list of medications (with dosages)
- Cash (small bills) and spare keys
- Battery/solar charger or power bank
- Access to a corded landline or backup communication option

Health & Safety

- First aid kit & common medicines
- Hygiene items, hand sanitizer, wipes, garbage bags
- Feminine hygiene & adult care supplies if needed
- Masks (N95/KN95) for dust or cleanup
- Bug spray & sunscreen
- Duct tape, tarps, and basic tools

Water & Food

- 1 gallon of water per person per day (and per pet)
- Non-perishable foods (ready-to-eat, canned, or dry goods)
- Manual can opener
- Camp stove or safe cooking method with fuel
- Paper plates, cups, and utensils
- Comfort foods (coffee, tea, chocolate, etc.)

Power, Light & Information

- Flashlights with extra batteries or crank-powered light
- NOAA weather radio (battery or solar-powered)
- Fully charged phone and emergency apps installed
- Extra batteries for radios and tools

Clothing & Comfort

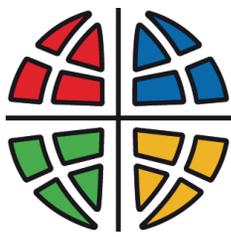
- Change of clothes & sturdy shoes
- Blankets or sleeping bags
- Books, cards, games, or small comfort items for kids
- Earplugs and eye masks for crowded spaces

Stay Connected to Faith & Community

- Let your church know if you need help or can volunteer after a storm
- Keep a Bible, devotional, or prayer card in your kit
- Check in on neighbors, especially the elderly or disabled
- Be part of your congregation's "72 Hour Lutheran" network

Maintain & Review

- Replace water, food, and batteries every 6 months
- Review and update your plan before each disaster season
- Practice a family communication and evacuation drill yearly



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