

Step by Step Instructions to Customize your 72-Hour Kit

3 Step Plan

to build and
cusotmize your kit

Check Lists

for beginner and
advanced kits

Tips

on top gear and
equipment



Introduction

Dear Friend,

You just made the first step to building your 72-hour kit! I understand how intimidating it can be to start working on your 72-hour kit. To be honest, as a family, we started many times before we finished it due to life's distractions and the frustrations of not having a clear path of how to see the project through.

We can finally say we are finished! As our family grows, and times change, there will most likely be more adjustments, but we now have a system that works... and would like to share that with you!

We have created a basic 3-step plan to help you build and create a customizable 72-hour kit to fit your needs and be prepared. Throughout this ebook, we will be talking about **one** person only. If you have others you want to include in the 72-hour kit, you will need to double/triple... the supplies as needed. This makes the system infinitely expandable and lets you tailor it to your family.

In the beginning, we will talk about the "5 Basic Things" each 72-hour kit should have. Then we will move on to how to store and how to rotate your custom 72-hour kit. Finally, we will provide you with the "Ultimate List" to make your life easier... because after all, that is what we are here for. We want you to COMPLETE your 72-hr kit this time without being frustrated OR distracted. We want YOU to be able to be prepared in the BEST and quickest way possible.

Look for our tips throughout the book on what we feel works best for us and items we LOVE! These tips are what we would be telling you if we were teaching you this in person. Be sure to check out page 21 for Bonus Resources.

We hope you enjoy this preparedness book and are able to create the custom 72-hour kit you always PLANNED on making!

Will and Charisse

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Step 1

Gathering the Basics

There are 5 basic categories you will want to cover with your 72-hour kit. Sticking to these 5 categories will help you keep your kits compact for storage, easy to put together, and within budget. After you get the basics covered, and with more time, space, and money, it is easy for you to expand on each of these categories to create the Ultimate and Amazing 72-hour Survival Kit.

The 5 Basic Categories are:

1. Food
2. Water
3. Shelter
4. Fire/Heat
5. Personal Items

➤➤➤ → Food ← ➤➤➤

You want to make sure you have enough food to eat 2000 calories per day for 3 days/72 hours. Even though this kit is made for an "emergency", you need to realize *you will most likely be doing more physical labor than usual, and will NEED the whole 2000 calories*. Don't plan for less, and if you are packing for teenage young men, it's a good idea to plan for 2500 calories.

Food items and choices need to be quick and easy to prepare and eat, and non-perishable. Using food you are familiar with eating and willing to eat is the best choice. It doesn't have to be your favorite food, but it does need to be something you like. This is critical for small children who will refuse to eat if they don't like something. Any situation you find yourself in where you are needing your 72-hour kit will already be incredibly stressful. A hungry and cranky 5-year-old who refuses to eat isn't going to help.

You will need utensils, dishes, and cookware. While thinking about cookware, you also want to keep in mind the weight of those and your food items. Will you be using your 72-hour kit to backpack with, or will it be tossed in your car? This will make a difference in the weight of your kit. Also, consider how you plan to wash any utensils, etc., or if you want everything to be disposable.

Step 1

Gathering the Basics Food

Here are some food ideas to get you thinking:

Calorie and weight estimates vary from brand to brand. Be sure to read labels!

*Requires extra water and preparation

Food Items	Calories	Weight
Baked Beans (large can)	960	28oz/ 1.75lb
Can of Soup, chunky	380	18.8oz/ 1.2lb
Chewy Granola bar	100	24g
Cliff Protein Bars	270	2.4oz
*Cup of Instant Noodles	160	2.25oz/.14lb
Emergency Ration Brick	2400	18oz/1lb
*Freeze Dried Mountain House	230	1.9oz/.2lb
Fruits Snacks	80	.9oz
*Instant Oatmeal Packet	160	43g
Jelly Packet (1oz)	70	1oz
Jolly Ranchers (3 pieces)	70	
MRE (1 packet)	1250	1.3lb
New Millennium Energy Bar	400	2.95oz
Peanut butter (2Tbsp serving)	210	
Ritz Crackers, 1 pack	2800	3.4 oz
Small fruit cup	234	146g
Trail Mix, Snack size	160	2.5oz

Step 1

Gathering the Basics Food

Here are some examples of 72-hours' worth of meals:

3 meals a day totaling around a 2000 calorie diet

Example 1

- 3 Instant Oatmeal Packets for Breakfast (160 calories)
- 3 5 oz cans Tuna for Lunch (120 calories)
- 1 pack of Ritz Crackers for Lunch (930 calories for 1/3 pack a day)
- 3 Small Fruit Cups for Lunch (234 calories)
- 3 Large Cans of Soup for Dinner (380 calories)
- 3 Granola Bars for snacks (100 calories)
- 12 Jolly Ranchers for snacks (93 calories for 4 a day)

Average 2017 Calories per day

Example 2

- 3 Freeze Dried Mountain House single servings for Breakfast (220 calories)
- 3 Large Cans Baked Beans for Lunch (960 calories)
- 3 Freeze Dried Mountain House single servings for Dinner (240 calories)
- 3 Snack Trail Mix for snacks (160 calories)
- 3 Fruit Snacks for snacks (80 calories)
- 3 Cliff Bars for snacks (270 calories)
- 9 Jolly Ranchers for snacks (70 calories for 3 a day)

**Average 2000 Calories per day*

Example 3

- 3 Instant Oatmeal Packets for Breakfast (160 calories)
- 3 Small Fruit Cups for Breakfast (234 calories)
- 3 New Millennium Energy Bars for Lunch (400 calories)
- 3 MRE Packets for Dinner (1250 calories)

**Average 2044 Calories per day*

OR for just MREs, you need about 5, which averages 6lb worth of food.

Example 4

- 3 Emergency Ration Bricks

**Average 2000 Calories per day*

Top Brands

MRE's

Emergency Ration Bricks

New Millennium Energy Bars

Cliff Protein Bars

Step 1

Gathering the Basics Water

Water

You will need 1 gallon per day per person, or 3 gallons total, of water, to take care of basic drinking needs, and a little extra for washing hands.

If you live in a hot climate like a desert, you should add more water, especially during the summer months.

For example: Living in Arizona in the middle of July you might want to add 2 gallons of water per person a day, totally 6 gallons of water.

Since packing around 3-6 gallons of water per person could be cumbersome and heavy (1-gallon water weighs 8.3 lbs.), investing in a water filter is always a good idea. There are many different types.

Different Types of Water Purification

Straw Filters

A filter that looks like a straw. You put the straw into your water source and drink. Generally good for up to 20 gallons (make sure you check the packaging as filters may differ from brand to brand)

Pros:

- *Lightweight
- *Compact (these will generally fit in your pocket)
- *Easy to use

Cons:

- *You *must be at the water source* for these to work.
- *Only filters up to 20 gallons with it, which should be enough for a 72-hour time period, but

Step 1

Gathering the Basics Water

Straw Filters cont.

makes it irrelevant as part of your longer-term preparedness planning. If you are looking to invest in a larger filter for larger needs such as a 3-month supply, it isn't the best investment.

*Limited on what it is able to filter. [Read the packaging](#) to know what you are and are NOT able to filter.

Top Brands for Straw Filters

Aquamira Frontier
LifeStraw

Bottle Filter

A bottle with a built-in filter. Most of the time you can buy replacement filters for the bottles. Filters last between 150-500 refills.

Pros:

- *Easy use... add water to bottle and drink
- *Lightweight
- *Under \$30
- *Semi compact
- *Replaceable filters are cheaper than buying a new bottle
- *Doubles for use as a water container

Cons:

- *You need to have a water source deep enough to fill the bottle with water
- *Limited on what it "can" filter... [Read the packaging](#) to know what you are and are NOT able to filter
- *Plastic bottle and can be damaged more easily
- *Slower filtration than drinking from a basic water bottle. This makes it seem "hard" to drink the water or squeeze the bottle, something that needs to be taken into account with young children.

Step 1

Gathering the Basics Water

Top Brands for Bottle Filters

Life Straw Go

Sawyer Mini

Steripen

A UV light sterilizer pen which kills bacteria in the water.

Pros:

- *Lightweight
- *Portable
- *Easy to use
- *Unlimited ability to sterilize if you have enough power

Cons:

- *Requires power source (batteries)
- *Over \$50
- *Doesn't get rid of water smell, sediment, or debris. You need to "filter" your water through a shirt or material to get rid of debris.
- *Water needs to be put in an open top container FIRST prior to sterilizing and drinking

Top Brands for the Steri Pen

SteriPen Classic

SteriPen Ultra

Pump Filter

Water is pumped from the source into your water container. Filters around 500 gallons before needing replacement filter.

Step 1

Gathering the Basics Water

Pump Filter cont.

Pros:

- *Best filtration of "junk" out of the water
- *Able to filter large amounts of water in one sitting
- *Portable in large bags

Cons:

- *Over \$70
- *Takes time to set up and use
- *Needs to be cleaned after use or the filter can go bad
- *Heavier
- *Bigger and bulky



Top Brands for the Pump Filter

Katadyn Hiker
MSR SweetWater

Stainless Steel Bottle

Used to boil water for sterilizing

Pros:

- *Cheap, does not require filters
- *Lightweight
- *Doubles as a water container
- *Able to double it for cooking
- *Use it to collect snow or ice at a water source instead of waiting for it to melt first

Cons:

- *Requires a heat source to boil
- *Doesn't get rid of water smell, grit, or grime. You need to "filter" your water through a shirt or material to get rid of dirt and debris.
- *Takes time to boil and then more time to cool for drinking



Top Brands for a Stainless Steel Bottle

Klean Kanteen
Nalgene

Step 1

Gathering the Basics Shelter

→ Shelter ←

Having shelter allows you to escape from the elements such as: rain, snow, wind, sun. It allows you a place of “some” security from bugs and/or small animals, while also giving you privacy.

Different Types of Shelter

Tarp

Can easily be configured into many different styles of shelter. Basic sizes recommended are 5x7ft minimum, but 6x9ft is preferred. When using a tarp for shelter, it requires rope or bungee cords, and some type of support such as sticks, tree branches, or poles to set up.

Pros:

- *Lightweight
- *Versatile since it can be used as many types of shelters and/or used for other things
- *Compact
- *Under \$10
- *Durable/sturdy depending on brand

Cons:

- *Requires other materials to be functional
- *Takes time to set up



Step 1

Gathering the Basics Shelter and Fire/Heat

Tent

An all in one package that can be set up for a temporary shelter.

Pros:

- *Many different sizes and shapes
- *Comes with all poles, tie downs and flooring you need

Cons:

- *Big and bulky
- *Heavy
- *Over \$30
- *Requires instructions and/or practice to set up
- *Prone to tears and leaks



Top Brands for Tents

Eureka

Kelty

Teton Sports

»»» → Fire/Heat ← «««

Fire is important for survival, especially during the winter. It can be used for cooking, warmth, light, protection from wild animals, signaling, and many other things.

Heat without smoke, such as from a portable stove, would be needed in situations where you might be inside your home or shelter and unable to build a fire.

»»» → TIP: It's always a wise idea to have three methods of creating heat... even in your 72 hr kit.

»»» → TIP: Don't keep all your "fire making" materials in once specific bag or area in your pack.

If something happens to the bottom of your pack, or your smaller pack, which holds all your fire

Step 1

Gathering the Basics Fire/Heat

making materials, you will lose them all. Having them in different areas allows you to have back up. Likewise, if you are making more than one 72-hour kit, have fire-starting materials stored in each one.

Depending on your food choice you will need to have plenty of fuel for your stove and/or heater for warmth/light/cooking for the FULL 72 hours.

Different Types of Fire/Heat

Starters

- *Matches (Storm, regular, strike anywhere)
- *Lighter (click, flick, zippo)
- *Ferro rod (a sparker)

Top Brands for Starters

Gerber Bear Grylls Fire Starter
Light My Fire FireSteel

Tinder

- *Pre-made (tinder quick, wet fire)
- *Homemade (wax, lint, cardboard)
- *Cotton balls with petroleum jelly added
- *Paper
- *Pencil sharpener to "shave" small sticks

Top Brands for Tinder

Wet Fire by Ultimate Survival Technologies Tinder Quick by SOL
Zippo Waxed Tinder Sticks



Step 1

Gathering the Basics Fire/Heat and Personal

Heat Unit

- *Propane stove
- *Alcohol stove
- *Wood burning stove
- *Sterno



Top Brands for Heat Units

Jet Boil

MSR Pocket Rocket

Personal Needs

Personal needs are important for you and your families comfort, health and everyday functionality.

Hygiene

- *One or 2 changes of clothes appropriate for the weather
- *Toilet paper (keep it clean, or you'll be VERY uncomfortable)
- *Tooth Brush
- *Deodorant
- *Feminine supplies
- *Soap
- *Hand sanitizer
- *Glasses or contacts

Important Personal Information

- *Copy of Identification of everyone (ex: License, family photo, birth certificate, passport, etc.)
- *Copies of Health Insurance cards
- *List of Important addresses and phone numbers
- *Map of the area

Other Items

- *Money- It's always a good idea to have extra cash on you.
- *Hand held radio and extra batteries
- *Flashlight and extra batteries

Step 1

Gathering the Basics Personal Needs

- » *TIP: Store your money in different places in your pack in case someone finds it, or you lose/have damage to that area. Small bills will make life a lot easier. It's going to be hard to break \$100 bill during an emergency.*
- » *TIP: Just as with fire-starting materials, redundancy is a good thing. If you are making more than one pack, have money in each pack.*
- » *TIP: We have a radio that you wind up and doesn't take batteries, and it has a built-in flashlight!*

First Aid Kit

A first aid kit is needed for your health and protection from diseases. There are tons of sources for buying a ready-made kit, and these will range from very basic to very advanced. You can also pick and choose your kit by making your own, allowing you to meet your specific needs and goals.

*Band-Aids

*Antibiotic ointment

*Cleaning wipes/alcohol/antiseptic wipes

*Medications - don't forget prescriptions, stomach/anti-diarrhea medications, and basic pain-relievers

*Gauze roll

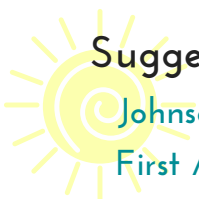
*Tape

*Bandana

*Tweezers

*Fingernail clippers

*Moleskin for blisters



Suggestions for First Aid Kits

Johnson and Johnson Red Cross All Purpose First Aid Kit

First Aid Only All Purpose First Aid Kit

Step 2

How to Store Your 72-hour Kit

How to Store your 72-hour Kit

There are many ways to store your 72-hour kit. It is important to customize it to fit YOUR needs. Here are some questions to think about prior to choosing your 72-hour kit storage.

How much space do I have to store this?

A large 72-hour kit that does not fit in a nice space tucked away might not be a wise decision.

How will I be traveling with it?

Car- Does it fit in your trunk. On back- can you wear it?

Does the weight of your 72-hour kit matter?

If you are planning on traveling by car, then most likely it won't. If you are planning on traveling mostly by foot, or with kids who will need help, a back pack might work better.

What will your environment be like?

Indoor or outdoor. Does it need to be waterproof?

Will there be other people around who can take it?

You may want something that can stay with you, or lock up well.

Will you be by yourself, with other adults, or traveling with kids?

If you are traveling with kids, can they carry a small pack to help with the weight?

Before discussing HOW you want to store your kit items, you need to know WHERE you will be storing it.

Step 2

How to Store Your 72-hour Kit

Make sure you store your kit in a place that is out of the way, since you will be using it for emergencies. Under a bed, or in the back of a closet are some great ideas.

»»» *TIP: You DO want to make sure you have easy access to it.*

On the top shelf in your bedroom where you have to climb on a chair to retrieve it may not be the best decision when in a pinch.

Different Types of Storage Options

Backpacks

Pros:

- *Great for traveling on foot
- *Keeps your hands free
- *Variety of pockets to store items
- *Many sizes to choose from (small backpacks are great for kids to carry)

Cons:

- *Can be heavy. It might not feel heavy at the time, but packing it around for a few hours might make a difference
- *Not easy or quick access to your items.

»»» *TIP: Go on a day or overnight hike with your pack. Check how it feels wearing it, the weight, and the ease of getting to your items.*



Suggestions for Backpacks

5.11 Rush

Kelty

Step 2

How to Store Your 72-hour Kit

Buckets/Plastic Bins/Ice Chests

- | | |
|---|---|
| <p>Pros:</p> <ul style="list-style-type: none">*Water proof for wet environments*Handles and grips for easy lifting*Some ice chests have wheels for easy mobility*Double as a seat | <p>Cons:</p> <ul style="list-style-type: none">*Bulky*Hard to organize*Not flexible and may not fit in small spaces or trucks of vehicles*Not Hands Free |
|---|---|

Suggestions

- 5 Gallon Bucket
- Sturdy Plastic Bin
- Rolling Ice Chest

Duffle Bags

- | | |
|--|---|
| <p>Pros:</p> <ul style="list-style-type: none">*Handles for easy carry*Flexible and able to shove and squeeze into tight areas*Many sizes*Pockets to organize items | <p>Cons:</p> <ul style="list-style-type: none">*Not Hands Free*May not be built with strong material and can tear easily |
|--|---|

Suggestions for Duffel Bags

- Foldable Travel Duffel Bag

Step 3

Rotation

Rotating your 72-hour Kit

Rotating the items in your 72-hour kit is important. It's best to check your 72-hour kits twice a year.

Checking in the spring and fall allows you to switch out seasonal clothing as needed, and change any food that is near expiration or that you (or more likely, your kids) no longer like to eat.

✓ Make sure you check the expiration dates on food. Typically, food doesn't go "bad" on these dates in the sense that it will make you sick, but it starts to lose quality of taste and nutrition. The last thing in an emergency is to go grab some much-needed food, only to have it stale and bad.

✓ You also want to make sure your clothing is up to date, especially if you have kids (they grow so fast!). Checking it in the spring for warmer weather items and fall to add cool weather items. We thought long and hard over the past years of developing our kit and decided we did not need to add extra pairs of shoes or coats. There are a few reasons we don't suggest having these in a basic 72-hour kit. 1. You usually wear shoes when you go out the door... so you should already have some on.

Typically, shoes won't break in a 3-day time period if you put on tennis shoes or good shoes versus sandals. Same applies for a coat in the winter time, you should already be wearing one. 2. Adding extra shoes and coats can take up a lot of much needed space AND weight.

✓ Check to make sure the wipes in your supply have not dried out or bottles with liquid have leaked.

✓ Check medication expiration dates and the dates on your contacts. Update kit with an old pair of glasses.

✓ You can also update your kits with current-size diapers.

✓ Make sure all your personal information is up to date. Current addresses and numbers for your family members... even if they are out of state.

✓ Update your pictures, insurance documents and general map of the area.

✓ Test your batteries, radio, flashlights and stove to make sure all are working properly.

BASIC Check List

Food

- 3 days' worth of food (read pages 4-5)
- Silverware (disposable if you wish)
- Small cooking pan
- Dish soap
- Portable stove

Water

- 2 water bottles
- Water filter and/or Purification tablets (3-6 gallons)

Shelter

- Tarp or tent
- Poncho
- Emergency blanket

Fire/Heat

- 2 fire starters
- Lighter
- Matches

Identification

- Map of area
- Copy of driver's license and/or passport
- Copy of family picture
- Important family numbers and addresses
- Health insurance documentation
- Cash in small bills

Clothing

- 1 long shirt
- 2 short sleeve shirts
- 1 pair pants
- 2 change under garments
- 2 pairs socks
- 1 pair warm socks
- 1 sweatshirt or jacket

Hygiene

- Feminine supplies
- 1 Roll Toilet Paper
- Brush/comb
- Hand sanitizer
- Bar of soap
- Deodorant
- Tooth brush
- Tooth paste
- Floss
- Extra contacts (and solution) or glasses AND case

Other Items

- Hand held radio and batteries
- Flash light or Headlight with extra batteries
- Pocket Knife

First Aid Kit

- Band-Aids
- Medication
- Bandana
- Alcohol wipes
- Antibiotic ointment
- Gauze roll
- Tape
- Fingernail Clippers
- Tweezers
- Gloves
- Mask



ADVANCED Check List

Food

- 3 Days' worth of food (read pages 4-5)
- Silverware (disposable if you wish)
- Stainless steel or Titanium Cup
- Stainless steel or Titanium cookware
- Dish soap
- Portable stove

Water

- Stainless steel water bottles
- Water filter and/or Purification tablets (3-6 gallons)

Shelter

- Tarp or tent
- Poncho
- Emergency blanket
- Hammock or something to keep you off the ground

Fire/Heat

- 2 Fire starters
- Lighter
- Storm proof matches

Identification

- Map of area
- Copy of driver's license and/or passport
- Copy of family picture
- Important family numbers and addresses
- Health insurance documentation
- Cash in small bills

Clothing

- 1 Long shirt
- 2 Short sleeve shirts
- 1 Pair pants
- 2 Change under garments
- 2 Pairs socks
- 1 Pair warm socks
- 1 Sweatshirt or jacket
- 1 Lightweight towel

Hygiene

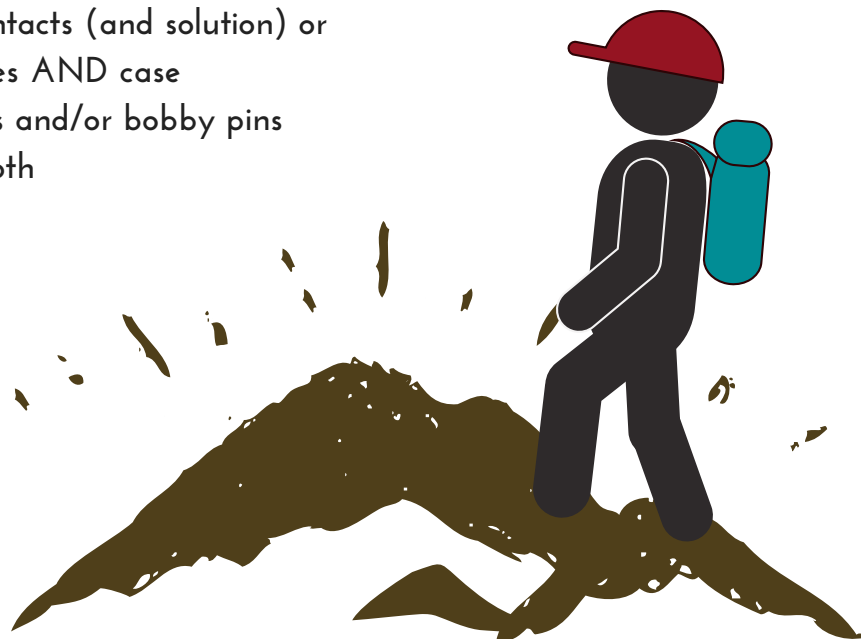
- Feminine supplies
- 1 Roll Toilet Paper
- Brush/comb
- 1 Package wet wipes
- 1 Small package Kleenex
- Hand sanitizer
- Bar of soap
- Shampoo and conditioner
- Deodorant
- Tooth brush
- Tooth paste
- Floss
- Extra contacts (and solution) or glasses AND case
- Pony tails and/or bobby pins
- Wash cloth

Other Items

- Hand held radio and batteries
- Flash light or Headlight with extra batteries
- Pocket knife
- Phone charging station
- Solar panel to charge electronics
- Mace for self protection
- Hatchet
- Paracord

First Aid Kit

- Band-Aids
- Medication
- Bandana
- Alcohol wipes
- Antibiotic ointment
- Gauze roll
- Tape
- Fingernail Clippers
- Tweezers
- Gloves
- Mask



BONUS

Resources

Click to be redirected to article or video

DIY MRE's

[The Survivalist Blog](#)
[Selous Scouts](#)
[PacNoreWild](#)

Tarp Shelters

[SurvivalKnowHow](#) How to Make a Tarp Shelter
[SurvivalMike](#) How to Build a Warm Tarp Shelter

Matches

[CrazyRussianHacker](#) DIY Stormproof Matches
[JoeandZach](#) Survival DIY Waterproof Matches
[CrazyRussianHacker](#) DIY Waterproof Matches
[CrazyRussianHacker](#) DIY Waterproof Match Box

Fire Starters and Tinder

[GrantThompson](#) Homemade Fire Starters
[SpartanJohns](#) DIY Tinder
[LearntoGrow](#) Egg Carton Fire Starters
[Blue823](#) Wax and Lint Tinder Balls
[TheGadgetNut](#) Straw Fire Starters

Fire Starting Survival Tips

[BudgetBugout](#) 10 Different Ways to Start a Fire
[AlfieAnesthetics](#) How to Start a Fire with Natural Tinders
[LearntoGrow](#) Egg Carton Fire Starters
[Trails](#) How to Start a Fire in the Woods
[HouseholdHacker](#) How to Start a Fire with Household Items
[TheOutsideFlies](#) How to Start a Fire in Rain and Wet Conditions

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