

72-HOUR KIT

CHECK LIST SUGGESTIONS

FOOD

- O Emergency Food Bars
- O Freeze-dried Pouches (+ Water)
- O Dried Fruits & Veggies
- O Soup
- O Kids' Comfort Food or Gum
- O Camping Utensils
- O Cooking Canister (for Boiling)

WATER

- O Water Pouches
- O Water Purification Tablets
- O Water Filtration System

LIGHT

- O Glowsticks
- O Headlamps
- O Lantern
- O Solar Inflatable Lantern
- O Personal Flashlight
- O Large Flashlight
- O Extra Batteries (+ Solar Chargers)

SHELTER

- O Tarp
- O Lightweight Sleeping Bag
- O Emergency Blanket
- O (or Wool Blanket)
- O Rope or Paracord

CLOTHING

- O Extra Set of Clothes (Seasonal)
- Socks
- O Hat
- O Coat / Gloves
- O Sturdy Shoes
- O Poncho / Rain Gear

SANITATION & HYGIENE

- O Wipes
- O Toilet Paper
- O Soap / Body Wipes
- O Toothbrush / Paste / Floss
- O Dry Shampoo
- Feminine Hygiene Products
- O Trash Bags

TOOLS & GEAR

- O Duct Tape
- O Knife or Multi-tool

DOCUMENTATION (COPIES)

- O Driver's License
- O Social Security Cards
- O Credit / Bank Accounts
- O Birth Certificates
- O Medical Information
- O Vaccination Records
- O Contact Information
- O ID Cards / Photos

FIRST AID

- O Bandages (Vary Sizes)
- O Sterile Gauze Pads
- O Scissors / Tweezers
- O Antibiotic Ointment
- O Allergy / Rash Creams
- O Alcohol Wipes
- O Pain Relievers / Aspirin
- Instant Cold Compress
- O Hand Warmers
- O Sterile Gloves
- O Ace Bandage / Scarf
- O Extra Prescriptions
- O Antacids / Stomach Aids
- O Extra Glasses / Contacts

COMMUNICATIONS

- O Cell Phone
- O Hand Held Radio
- O Walkie Talkies
- O Signaling Devices

OTHER

- O Cash
- O Entertainment Items
- O Security / Weapons
- O Bug Spray & Sun Screen
- O Cards or Coloring Books
- O _____
- 0 _____