

# 72 Hour Kit Checklist

## WATER & FILTRATION

- Water- 1 gallon/person/day
- Life Straw
- Water Filtration Pump
- Water Purification Drops

## FOOD: 3 Day Supply / Person

- Breakfast:* Granola bars, fruit pouches, oatmeal packets, dry cereal
- Lunch:* Tuna/chicken salad kits, peanut butter, ramen
- Dinner:* Freeze dried meals, ready rice or pasta, beans, chili, canned meat, instant potatoes, MREs,
- Snacks:* Nuts, granola bars, fruit leather, beef jerky, protein shake, dried fruits, fruit cups, crackers, hard candy/gum

## CLOTHING

- Long sleeved shirt
- Short sleeved shirt
- Long pants
- 2 pairs of underwear
- 2 pairs of socks
- Warm clothing: beanie, gloves, scarf, sweatshirt
- Tennis shoes
- Hat

## WARMTH & LIGHT

- Hand warmers
- Emergency blanket
- Flashlights or headlamps
- Extra batteries
- Candles
- Waterproof matches
- Lighter
- Solar or hand crank flashlight

## PERSONAL CARE / HYGIENE

- Small Toothbrush & toothpaste
- Travel size shampoo & conditioner
- Wet Wipes
- Soap
- Lotion
- Comb/Brush, hair rubber bands
- Glasses/contacts & solution
- Extra prescription glasses
- Deodorant
- Chapstick
- Sunscreen
- Wash cloth
- Feminine hygiene products
- Insect repellent
- Nail clippers

## COOKING/EATING TOOLS

- Can opener
- Mess kit (dishes & utensils)
- Mini cooking stove & fuel
- Cooking pot
- Small cooking knife

## FIRST AID

- First aid kit
- 3 day supply of prescription medicines
- Common medicines: pain relief, migraine, allergy, etc.
- Band-aids
- Tweezers
- Latex gloves
- Scissors
- Anti-itch cream
- Neosporin
- Anti-bacterial wipes

## IMPORTANT DOCUMENTS

- Cash (in small bills)

- Laminated copies of driver's license
- Laminated copies of birth certificates
- List of emergency phone numbers
- Insurance documents
- Legal records
- Vaccination records

## EMERGENCY ESSENTIALS

- Hand-crank radio
- Work gloves
- Paracord, rope & fishing line
- Portable solar charger
- Duct tape
- Sleeping bag/blanket
- Trowel/ small shovel
- Pocket Knife
- Compass
- Sharpie marker
- Cell phone charger
- Tarp or small tent
- Rain poncho
- Whistle

## BABIES / TODDLERS

- Diapers & wipes
- Baby formula, bottle & binkie
- Additional set of clothes

## ENTERTAINMENT

- Pen/pencil + paper
- Card games
- Small paperback book
- Small toys (bubbles, toy car, doll, etc.)
- Coloring supplies