



# 72-HOUR KIT

## CHECK LIST SUGGESTIONS

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### FOOD

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

### WATER

- Water Pouches
- Water Purification Tablets
- Water Filtration System

### LIGHT

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

### SHELTER

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

### CLOTHING

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

### SANITATION & HYGIENE

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

### TOOLS & GEAR

- Duct Tape
- Knife or Multi-tool

### DOCUMENTATION (COPIES)

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

### FIRST AID

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

### COMMUNICATIONS

- Cell Phone + Charger
- Hand Held Radio
- Walkie Talkies
- Signaling Devices

### OTHER

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