

Emergency Preparedness Checklist - Building a 72hr Kit



– What to Include in a ‘Bug-Out’ Kit –

The checklist below is intended to be a starting point for building your own 72hr ‘Bug-Out’ kit and is not intended to be all-inclusive. You may think of additional items you want to include. We offer a separate [Home Emergency](#)

[Preparedness Checklist](#) for supplies to have-on-hand at home that you can download to assist you.

The **critical key** to any preparedness plan is to **DO IT NOW** before you need it. **Be Safe...Be Prepared!**

Be sure to keep your kit as light as possible, preferably under 25 lbs. Can be built for 1 or 2 persons (adjust supplies accordingly).

WATER

Be careful. Weight adds quickly here.

- Lifeboat water pouches--5yr SL
Recommend 12 per person
- *Personal water filtering bottle
- *Chlorine dioxide purifying tablets
- *Extra water (to carry)

FOOD

We recommend only non-thirst provoking food rations that are not affected by heat or freezing.

- 3600 calorie Mainstay, Datrex or Millennium food bars per person
- *❖ Granola bars, jerky, trail mix, etc.
- *❖ Freeze-dried meals
- *❖ Cereals, powdered soups, powdered drink mix
(❖extra water req'd to eat/digest)
- *Plastic plate, cup & utensils

FIRST AID SUPPLIES

- Knuckle Mender™ first aid kit with first aid manual
- N95 surgical/dust masks
- Lip balm
- *Sun, insect repellent wipes

WARMTH, HEAT & COOKING

- Emergency space blanket
- Lightweight bivy sleeping bag
- Emergency poncho
- Hand & body warmers (6)
- Water/wind proof matches
- Disposable butane lighter

- Tube tent shelter
- *Lightweight stove & fuel
- *Baseball/knit cap

LIGHT SOURCES

- 36hr candle
- LED flashlight & spare batteries
- Instant 12hr lightsticks (2-3)
- *LED Headlamp

COMMUNICATION

- Solar/crank/battery AM/FM/NOAA weather radio
- Survival whistle w/lanyard
- Pen, pencil, notepad, felt-tip marker
- Extra batteries (all devices)
- Important phone # in/out of town
- *Solar/crank cell phone charger

HYGIENE/TOILETRIES

- Alcohol hand sanitizer/wipes (12)
- Roll of toilet tissue
- Compact facial tissue (2)
- Nitrile exam gloves (2pr)
- Sanitation toilet bag liner
- *Small wash towel
- *Toothbrush, paste, comb, razor
- *Feminine hygiene supplies
- *Compact baby wipes
- *Concentrated camp soap (sm)
- *Contact lens solution

TOOLS/MISC

- Multi-function tool w/can opener
- Mini sew kit

- 50'-100' nylon paracord/rope
- Duct tape (mini roll)
- Leather palm gloves
- 3mil garbage bag
- Plastic shovel/trowel
- *Compass/local map of area
- *Safety goggles/sun glasses

MONEY/CASH

- \$20-\$100 cash in small bills. Checks & Credit cards may be useless.

SPECIAL NEEDS

- Personal medications needed
- Copy of doctor prescriptions
- *Baby formula, cereal, diapers, baby wipes

MORALE BOOSTERS

- Playing cards, small games
- Chewing gum
- Hard candy drops

ADDITIONAL ITEMS

- Quality backpack for your gear
- Spare car/home keys
- Copy of passport & driver's license
- Lightweight jacket
- Personal protection device(s)
- *Sturdy comfortable shoes
- *Extra underwear set
- _____
- _____

*Optional items