

## 72 HOUR EMERGENCY KIT CHECKLIST

- Bottled water
- Water filter
- Water purification tablets
- Power bars, MRE's, Mountain House meals, survival food bars
  
- Firestarting–waterproof matches, lighter, fire starting helps
- Flashlight
- Lightsticks
- Solar/crank radio
- Wire, rope, twine, cable ties
- Sewing kit
- Empty gallon ziplocks
  
- Change of clothes, thermals, sturdy shoes
- Poncho, emergency blanket
- Compass, whistle
- Pencil, paper, deck of cards
  
- First aid kit
- Hand sanitizer
- Sunblock, insect repellent
  
- Toiletries–soap, contact solution and case (if needed), backup glasses, toothbrush/paste
- Toilet paper
- Feminine hygiene
- Wet wipes
  
- Hand warmers
- Leather gloves
  
- Knife
- Multi-tool
  
- Important documents on a thumb drive
- Mini scriptures, religious items
- Cash (small bills/change) or prepaid visa