**72 HOUR EMERGENCY KIT CHECKLIST FOR: (Name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Check off the items you have. Circle the items you need and write in the quantity needed.

**\* Keep kits containing these items out of reach of small children. Store these items for small children in an adult’s kit.**

**WATER:**

* 64 oz. (more if able), potable water
* Water filter or purification tablets\*

**FOOD:**

* 3-6 MRE meals (or equivalent food)
* Other food**:** Pouch or small cans of tuna (store pull top cans sealed in a zipper bag), meat, fruit, hard candy, granola or energy bars, instant hot chocolate, artificially sweetened drink mix, etc.

**CLOTHING**:

* Winter gloves or mittens
* Winter hat
* Lightweight jacket &/or coat (grab as you leave)
* 1 Pair thermal underwear
* 2 Pair socks (1 pr. Wool)
* 1 Pair sturdy work gloves
* Summer hat (with brim)
* Bandana (can be used to shade neck, etc.)
* Rain poncho\*
* Change of underwear, clothing, & shoes (more for infants and small children)

**FIRST AID**:

* **Medicines\***: (child and adult strengths) aspirin and non-aspirin painkillers, Benadryl, Medicines for colds, coughs, & diarrhea, Stomach ache & heartburn medicine, Dramamine, Potassium Iodide (optional), electrolyte tablets, prescription medicines, inhalers
* **Topical medications\*:** anesthetic ointment or spray, burn cream, antibiotic ointment, anti-sting medicine, sun block,lip balm (preferably with sun block), mosquito repellent, antiseptic cleanser, alcohol preps, Poison Ivy, Oak, & Sumac soap, anti-itch cream
* **Bandages**: assorted adhesive bandages, butterfly bandages, gauze, 1st aid tape, triangular bandage(s)
* **Supplies**\*: Consecrated oil, 1st aid booklet, moleskin, tweezers, snake bite kit, tongue depressors,, cotton balls, Q-tips,Chiggerex(or similar—for chiggers), hand warmers, ice pack, thermometer, safety pins, medicine spoon, small scissors

**COMMUNICATIONS:**

* Cell phone & charger (grab as you go)
* Emergency radio (batteries\* separately)
* Whistle with lanyard\*
* Signal mirror\* (non-glass preferred)

**HYGIENE:**

* Basic kit: toothbrush, toothpaste\*, hand sanitizer\* &/or bar soap, deodorant\*, shampoo, disposable razor\*, wet wipes, feminine hygiene, comb &/or hairbrush, ear plugs, eye contacts & solution\* (if needed), etc.
* Hand towel &/or roll of paper towels (flattened)
* Camp soap or dish detergent (trial size)\*
* Toilet paper &/or facial tissue

**SHELTER**:

* Tube tent (with nylon rope)\*
* Sleeping Bag (with straps) & ground pad
* Rescue Blanket\* (small reflective type)

**EQUIPMENT AND TOOLS:**

* Camp shovel\*, camp axe\*, camp saw\*, camp stove\* (1-2 each./family)
* Can opener
* Small roll strapping tape
* Travel sewing kit\*
* Pocket knife\*(Swiss-army type preferred)
* Mess kit, drinking cup or tin cup, eating utensils
* Compass
* 50 foot nylon rope, clothes pins
* Carabineers (at least 2)
* Rubber bands (assorted sizes)
* Roll aluminum foil (flattened) (optional)
* 3 garbage bags\* (small, medium, large)
* Fish hooks\*, line\*, sinkers\*, and lures\*

**LIGHT AND FUEL:**

* Flashlight & batteries\* (store separately)
* Canned fuel\* and/or Buddy Burner
* Waterproof matches,\* small lighter,\* flint stick

**OTHER:**

* Money (cash—$1.00 bills and quarters)
* Notebook, pen\*, pencil, permanent marker
* Activity and entertainment: Scriptures, small toys, books, card games, travel games, iPod\*, etc.
* Extra keys: (home, vehicle, safe deposit box, etc.)
* Copies of documents (in waterproof bag or on flash drive): Birth & marriage certificates, medical records (immunizations, blood types, special medical conditions), insurance info. (homeowner, car, life, medical), deeds & titles, bank account & credit card info., wills, passport, driver’s license, social security cards, phone numbers of emergency contacts, maps, home inventory, etc.