

72-HOUR EMERGENCY KIT - ADULT

PERSONAL BAG

- Teeth Stuff
 - Toothbrush
 - Toothpaste
 - Floss
 - Fluoride
- Hair Stuff
 - Comb/Brush
 - Ponytails
 - Bobby Pins
 - Headbands
 - Dry Shampoo
- Medicine
 - Tylenol
 - Ibuprofen
 - Pepto Bismol
 - Benadryl
 - Prescriptions
- Disposable washcloths
- Mini Kleenex pack
- Mini lotion
- Contact solution and case
- Spare glasses
- Q-tips
- Cotton balls
- Make-up remover
- Mirror
- Razor
- Nail file
- Nail clippers
- Chapstick
- Tweezers
- Deodorant
- Roll of toilet paper
- Tampons/Pads
- Pantliners

RANDOM BAG

- List of addresses/phone numbers/safe places (laminated or folded up in a ziploc bag)
- Picture of each family member
- Copies of ID (License), Social Security Card, Passport, Military ID, etc.
- Copy of IMPORTANT INFO
- Checkbook
- Cash
- Calling card
- Maps (City, County, State, Fire/Forest Service, Photo)
- Mini fan plus batteries
- Sewing kit
- Safety pins
- Scriptures/Hymns
- Notebooks/Pens
- Paperclips
- Rubberbands
- Book
- UNO
- Dice
- Playing cards

SURVIVAL BAG

- Work gloves
- Bandana
- Poncho
- Foil blanket
- Handwarmers and toewarmers
- Compass/Whistle/Mirror/Waterproof Match Holder/Fire Starter/Necklace
- Pepper spray
- Stormproof matches
- Lighter
- Duct tape
- Masking tape
- Packing tape
- Super glue
- Zip ties
- Twist ties
- Screwdrivers
- Scissors
- Trash bags
- Tube tent
- Nails/stakes to secure tent (pack inside tent case)
- N95 mask
- Pocket knife

CLOTHING BAG

- 3 underwear minimum
- 3 pair socks minimum
- Pajamas
- Jeans
- Shirts
- Sweatshirt
- Beanie
- Gloves (for warmth)
- Hat (cap)
- Shoes

LOOSE ITEMS (SIDE POCKETS)

- Water bottle
- Hand sanitizer
- Flashlight / batteries

LOOSE ITEMS (MAIN POCKET)

- Comfort food
- Water pouches
- Tarps

FOOD (IDEAS)

- Water (1 gallon per person per day - water pouches, bottles)
- Canned soup
- Canned tuna
- Spaghettios with meatballs
- Fruit cocktail
- Canned peaches
- Canned corn
- MREs/Mountain House Camping Food
- Freeze-dried food and snacks
- Granola bars
- Beef jerky
- Fruit snacks
- Suckers
- Smarties
- Gum

FOOD ACCESSORIES

- Can opener
- Disposable pads/placemats
- Paper plates and bowls
- Plastic utensils to cook and eat with
- Camping stove
- Fuel for camping stove
- Foldable stove
- Canned heat
- A pot (or pots)
- Aluminum foil
- Dishwashing soap (mini)
- Hot pads

5-GALLON BUCKET

- 5-gallon bucket
- Toilet seat
- Toilet paper
- Sanitation bags
- Crank flashlight/radio
- Phone charger(s)
- Water bottle filtration
- Wipes
- Sunscreen
- Clorox wipes
- Handsoap
- Ziploc bags
- Trash bags
- Paper towels
- 50' nylon rope
- Nails/stakes to secure tarps
- Lantern with batteries
- Walkie talkies (plus batteries)
- Shovel
- Barf bags
- Corded phone