

A starting point for your 72-hour "Bug-Out" kit

EMERGENCY

Adult 72 Hour Checklist

Emergency Supplies & Water:

	Cash in Small Bills
	Emergency (Mylar/Space) Blanket
	Flashlight with Batteries (or shakable rechargeable)
	Hand & Body Warmers
	Personal Life Straw Water Filter/Bottle
	Chlorine Dioxide Purifying Tablets
	Lighter or Water/Wind Proof Matches
	Poncho, Rain Jacket or Wind Breaker
	Radio (Crank or with Batteries)
	Whistle
	Mylar Bags of Water (pack flat around & between other items)

Hygiene:

	Baby Wipes (Individually Wrapped)
	Chapstick
	Toothbrush/Toothpaste/Comb/Razor
	Deodorant
	Feminine Hygiene Supplies
	Alcohol Hand Sanitizer or Wipes
	Shampoo/Conditioner & Soap & Lotion
	Toilet Paper & Kleenex & Facial Tissue
	Washcloth
	Cup
	Contact Lens Solution

Clothing:

	Long shirt and Pants
	2 Socks and 2 Underwear

Activities & Morale Boosters:

	Activity Book, Playing Cards, Small Games
	Notebook, Pen, Pencil
	Chewing Gum & Hard Candy

Other:

	First Aid Kit (see separate list)

Meals: Day 1

Brkfst	
Lunch	
Supper	
Snack	

Meals: Day 2

Brkfst	
Lunch	
Supper	
Snack	

Meals: Day 3

Brkfst	
Lunch	
Supper	
Snack	

Documents & Other:

	Emergency Phone Numbers
	Family Emergency Plan