

72 HOUR KIT STARTER INVENTORY:

This list is a guide for developing your personal 72 hour kit inventory. No one can understand your needs better than you. Take time to evaluate the things you will need in your bag and customize the list to meet your needs. Include inventory cards in your bag to make semi-annual checks and rotation simple.

Mental:

- Communication plan
- Evacuation plan
- Pocket reference (CPR, First Aid, etc)
- Practice / learn skill sets
- Bible, religious text

Food (minimum 1600 cal/day):

- Energy bars
- Dried meats
- Nut and fruit mix
- MRE

Medical: A basic first aid kit may cover some of these simple items, verify your first aid inventory suits your needs.

- Prescription medication
- Eyeglasses
- OTC medications
- N95 masks
- Sterile bandages
- Scissors
- Tweezers
- Medical tape
- Needle and thread
- Hand sanitizer
- Lip balm
- Sunscreen

Financial:

- Certificates (birth, death, marriage, etc)
- Policies (insurance, will, deeds, etc)
- Accounts (bank, stock, credit, etc)
- Records (medical, dental, immunization, etc)
- Home inventory (paper or flash drive)
- Coins for pay phones
- Cash

Automobile Extras:

- Jumper cables
- Small tool kit
- Emergency cones / flares
- Spare tire

Energy:

- Fire starter (firesteel, matches, lighter)
- Tender (dryer lint, cotton balls, etc)
- Dynamo (wind up) and/or solar lighting
- Hand and foot warmers
- Identify fuel sources on map

Water (1 gallon per person per day):

- Bottled water
- Water filter, Steri-pen, filter straw
- Identify water sources, mark on map
- Can or pot for boiling water

Shelter:

- Base layer
- Comfort layer
- Warmth layer
- Shell layer (waterproof)
- Sturdy shoes or boots
- Hat and gloves
- Poncho or tarp
- Tube tent

Physical:

- Sanitation needs (TP, soap, baby wipes, feminine products, toothbrush, etc)
- Garbage bag
- Tools (multi-tool, wire saw, k-bar)
- SAME compliant radio
- Whistle
- Compass and map
- Rope or line
- Duct tape
- Leather gloves
- Pencil and paper
- Entertainment (cards, dice, etc.)