

72-Hour Survival Kit Checklist

The Ultimate Guide to Your Emergency Preparedness

Emergencies can happen without warning, and being prepared is the key to navigating through any crisis safely and confidently. Whether it's a natural disaster, an evacuation, or unexpected power outages, having a well-stocked and organized 72-hour survival kit can make all the difference. This checklist is designed to guide you in assembling a comprehensive emergency kit, tailored to ensure that you and your loved ones are ready to face any situation.

Use this checklist to verify that your kit includes all the essentials, from water and food to important documents and tools. Regularly review and update your kit to adapt to any changes in your family's needs or living environment. Preparedness brings peace of mind, and with this checklist, you're taking a proactive step toward a safer future.

What You Should Consider for the Bag:

- ☐ **Durability:** Water-resistant or waterproof materials, reinforced stitching, heavy-duty zippers.
- ☐ **Capacity:** 40 to 60-liter bag, with multiple compartments for organization.
- ☐ **Comfort:** Padded shoulder straps, padded back panel, adjustable waist belt.
- ☐ **Type of Bag:** Backpack, duffel bag, rolling suitcase, or tactical bag.
- ☐ **Modularity:** Expandable with additional pouches or compartments.
- ☐ **Visibility:** Removable reflective strips.
- ☐ **Security:** Lockable zippers, hidden compartments.
- ☐ **Accessibility:** Easy to open with quick access to essential items.

Water and Food:

- ☐ **Water:** At least one gallon of water per person.
- ☐ **Water purification tablets or portable filter.**
- ☐ **Non-perishable, high-energy foods** that are easy to store, carry, and prepare.
- ☐ **Compact and nutrient-dense snacks** to provide quick energy boosts.
- ☐ **Instant coffee, tea bags, electrolyte drink mixes.**
- ☐ **Small packets of sugar, salt, pepper, and hot sauce.**
- ☐ **MREs** (Meals Ready-to-Eat, standard or self-heating).
- ☐ **Extreme survival food bars** for long-term emergencies.

Cooking & Utensils:

- ☐ **Canteen and heat-resistant canteen cup** for storage and boiling.
- ☐ **Military-grade or tactical cup** for hot and cold drinks.
- ☐ **High-quality thermos** to keep beverages hot or cold.
- ☐ **Reusable cutlery** (fork, knife, spoon).
- ☐ **Can opener** (military-grade preferred).
- ☐ **Deep plate or multipurpose container** for meals.
- ☐ **Folding cutting board** for food preparation.
- ☐ **Portable stove and solid fuel tablets** for heating food and water.
- ☐ **Reliable fire-starting tools** (waterproof matches, ferrocerium rod).
- ☐ **Sturdy trash bags** for waste disposal.
- ☐ **Small cleaning brush or sponge** for washing dishes.
- ☐ **Paper towels** for hygiene and cleanup.

Clothing and Personal Items:

- ☐ **Complete change of clothes** (including underwear, socks, and all essential garments).
- ☐ **Sturdy, comfortable footwear** suitable for walking long distances.
- ☐ **Warm layers and blankets** or a sleeping bag.
- ☐ **Waterproof jacket or poncho.**
- ☐ **Thermal blanket.**
- ☐ **Mylar emergency blankets** (several).
- ☐ **Chemical hand warmers.**
- ☐ **Sunscreen** (high-SPF).
- ☐ **Insect repellent.**
- ☐ **Spare prescription glasses or contact lens solution** (if needed).
- ☐ **Spare keys** for your house and car.
- ☐ **Hygiene:** Toothbrush, toothpaste, floss, soap, hand sanitizer, wet wipes, tissues, toilet paper, paper towels, and feminine hygiene products (as needed).
- ☐ **Towel.**
- ☐ **Grooming:** Small mirror (optional for signaling or grooming), comb, or brush.

Medical Supplies and First Aid:

- ☐ **A seven-day supply of prescription medications** (with copies of prescriptions).
- ☐ **Adhesive bandages** in various sizes.
- ☐ **Sterile wound dressing for large wounds.**
- ☐ **Elastic bandage** for sprains and muscle support.
- ☐ **Hemostatic dressing** to stop severe bleeding.
- ☐ **Antiseptic wipes and ointments.**
- ☐ **Hydrogen peroxide or alcohol pads** for wound disinfection.
- ☐ **Pain relievers** (aspirin, ibuprofen, or acetaminophen).
- ☐ **Antihistamines** (for allergic reactions).
- ☐ **Cold and flu medication.**
- ☐ **Antacids** for stomach discomfort.
- ☐ **Oral rehydration salts.**
- ☐ **Anti-diarrheal medication.**
- ☐ **Burn ointment and cold packs.**
- ☐ **Moleskin** for blister prevention and treatment.
- ☐ **Ointments or powders for chafing** (dermatitis due to friction).
- ☐ **Tweezers and scissors.**
- ☐ **Thermometer.**
- ☐ **CPR mask** (optional, for resuscitation).
- ☐ **Medical gloves** (nitrile or latex).
- ☐ **Safety pins** for securing bandages.
- ☐ **Lip balm** (for dry or chapped lips).
- ☐ **Eye drops** (for irritation or dryness).
- ☐ **Aloe vera gel** (for burns and skin irritation).
- ☐ **Supplies for specific health needs** (inhalers, EpiPens, insulin).
- ☐ **Calming remedies for stress or anxiety** (e.g., calming tea bags).

Note: The composition of first aid kits may vary depending on individual needs and the specific emergency scenario. This list includes the most commonly used items for tactical and emergency situations, ensuring preparedness for a wide range of potential medical issues.

Important Documents:

- ☐ **Identification:** Copies of personal identification (driver's licenses, passports, birth certificates).
- ☐ **Financial:** Copies of financial documents (bank account numbers, insurance policies, social security cards, recent bank statements).
- ☐ **Legal:** Copies of legal documents (wills, property deeds, power of attorney).
- ☐ **Medical:** Copies of medical records and lists of medications.
- ☐ **Contacts:** Emergency contact list and family communication plan.
- ☐ **Digital copies:** USB drive with digital copies of all documents (encrypted and password-protected).
- ☐ **Protection:** Waterproof and fireproof pouch for document storage.

The Importance of Cash:

- ☐ **Cash:** A reasonable amount of cash in small denominations.
- ☐ **Barter:** Valuable items for barter (gold coins, jewelry, a quality watch).
- ☐ **Trade goods:** Basic trade goods (socks, toilet paper, cigarettes).
- ☐ **Protection:** Waterproof and fireproof pouch for cash and valuables.
- ☐ **Security:** Secure storage strategy for distributing and concealing cash and valuables.

Tools and Safety Gear:

- ☐ **Survival knife** (fixed-blade or folding, depending on your needs).
- ☐ **Multi-tool** with pliers, knife, screwdrivers, and other essential features.
- ☐ **Flashlights with extra batteries** (hand-crank flashlight as a backup).
- ☐ **Chemical light sticks** (glow sticks) for non-electric light sources.
- ☐ **Area maps and a compass** for navigation.
- ☐ **Candles.**
- ☐ **Waterproof matches or a lighter.**
- ☐ **Firestarter** (ferrocium rod or flint) for starting fires in challenging conditions.
- ☐ **Tinder materials** (cotton balls with petroleum jelly, cotton makeup remover pads, or char cloth).

- ☐ **Large plastic bags, garbage bags, and plastic sheeting** for protection.
- ☐ **Duct tape.**
- ☐ **Scissors or a utility knife.**
- ☐ **Rope or paracord** for securing items or building shelters.
- ☐ **Zip ties** (cable ties) in various sizes.
- ☐ **Whistle, personal alarms, and pepper spray** for signaling and self-defense.
- ☐ **Writing tools:** Paper, notebook, pencils, pens, and permanent markers.
- ☐ **Gloves, safety goggles, and dust masks.**
- ☐ **N95 masks** for protection against airborne particles.

Emergency Communication Plan:

- ☐ **Extra batteries and portable chargers** (including solar chargers) for phones and devices.
- ☐ **Written list of important contact numbers** (family, friends, neighbors, emergency services).
- ☐ **Two-way radios or walkie-talkies** for direct communication when networks are down.
- ☐ **AM/FM radio and NOAA weather radio** (with extra batteries or hand-crank options).
- ☐ **Central meeting point** and **communication plan** for family members.
- ☐ **Family code word or phrase for secure communication.**
- ☐ **Backup communication methods** (social media, Wi-Fi messaging apps).

Recreational Items:

- ☐ **Entertainment:** A book or e-reader for entertainment.
- ☐ **For children:** Coloring books and crayons for children.
- ☐ **Games:** Playing cards or a compact board game.
- ☐ **Music:** Portable music player with headphones and charger.
- ☐ **Spiritual or religious items** (e.g., rosary, crucifix, Bible, prayer book) if relevant.

Evacuation Strategy:

- ☐ **Navigation:** Map and GPS device that includes evacuation routes.
- ☐ **Vehicle prep:** Full tank of gas in your vehicle (if using a car).

Shelter and Sleeping Gear:

- ☐ **Compact sleeping bag** (preferably ultralight, with good thermal retention).
- ☐ **Plastic tarp** (for makeshift shelters, ground protection, and rain barriers).
- ☐ **Thermal sleeping pad** (essential for reducing heat loss from ground contact).
- ☐ **Crowbar** (for accessing shelter – urban survival).
- ☐ **Lightweight tent or hammock with mosquito net** (for long-term shelter – outdoor survival).
- ☐ **Folding shovel** (for leveling ground, digging trenches, or fire pits – outdoor survival).
- ☐ **Axe, small saw, or hand chain saw** (compact, efficient tools for firewood and

Special Needs Considerations:

For Children:

- ☐ **Extra clothing** suitable for the weather.
- ☐ **Snacks, water, and easy-to-carry drinks** (e.g., juice boxes, UHT milk cartons).
- ☐ **Baby essentials** if needed (e.g., diapers, wipes, formula, baby food, bottle, pacifier).
- ☐ **A small toy or comfort item** (e.g., stuffed animal, blanket).
- ☐ **Identification card with essential information.**
- ☐ **Comforting items** (e.g., family photo, note from a parent).

For Pets:

- ☐ **Food and water for at least three days.**
- ☐ **Portable dishes, leash, harness, or carrier.**
- ☐ **Tranquilizers or calming aids** (consult your vet).
- ☐ **Identification tag, medical records, and medications.**

For Elderly Family Members and People with Disabilities:

- ☐ **Prescription medications and medical supplies.**
- ☐ **Mobility aids** (e.g., cane, walker, wheelchair).
- ☐ **Medical ID bracelet or card** with essential information.
- ☐ **Extra batteries or chargers** for medical devices.
- ☐ **Comfort items** (e.g., blanket, book).

Maintenance and Updating of Your Kit:

- ☐ **Inspections:** Regular inspections and updates at least every six months.
- ☐ **Expiration:** Replacement of expired items, especially food, water, and medications.
- ☐ **Record-keeping:** Inspection record to note the date of each inspection and items replaced.
- ☐ **Checklist:** Checklist of contents included at the top of the emergency backpack or bag.

Final Note: Remember, preparedness is not just about having a kit—it's about having the confidence and peace of mind that comes from knowing you've taken the necessary steps to protect your loved ones. Regularly update and practice your emergency plan to ensure readiness at all times.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.