



# 72 Hour Supply List



## Clothing

- red or yellow shirt
- black or green shirt
- socks & underwear
- sweater
- sweatpants
- gloves & hat
- jacket or poncho
- walking shoes

## Food

- water (1 gal per day)
- water filtration
- MREs
- oatmeal packets
- jerky
- nuts
- peanut butter
- crackers
- dried fruit
- canned fruit/juice
- canned meals
- hard candies
- protein bars
- mess kit/utensils
- can opener
- pan kit
- dish soap
- napkins or towels
- camp stove & fuel

## Hygiene

- toothbrush
- toothpaste
- soap
- toilet paper
- shampoo
- comb/hairbands
- baby wipes
- feminine products

## First Aid

- gauze pads
- ace bandage
- band-aids
- antibiotic
- stomach meds
- pain reliever
- ice pack
- heat pack
- alcohol wipes
- tweezers
- scissors
- syringe
- needle & sutures
- safety pins
- cotton balls
- latex gloves
- prescriptions
- medical records
- medical devices

## Tools & Supplies

- multi-tool
- matches or lighter
- flashlight
- whistle
- compass & map
- duct tape
- zip ties
- rope or paracord
- shovel
- garbage bags
- walkies or radio
- blanket
- sleeping bag
- tent or tarp
- fishing gear
- personal weapon & ammo
- pen & paper
- cards, games, books
- phone charger
- cash
- sewing kit
- emergency contacts
- ID & banking info
- copy of marriage & birth certificates
- insurance info
- photos of family
- pet food & supplies



# Specialty Emergency Kit Lists



## Car Kit

(duffle bag or bucket)

- first aid kit
- 2 gallons of water
- jerky or nuts
- granola bars
- fruit leather
- hard candy
  
- shovel
- zip ties
- multi-tool
- flashlight
- blanket
- tarp or tent
- rope or paracord
- glowsticks/flares
- jumper cables
- map
- phone charger
- extra fuel
  
- hat & gloves
- change of clothes
- extra socks
- jacket
- poncho
- sturdy shoes

## Classroom Kit

(Student- pencil box)

- snacks
- water bottle
- notebook & pen
- puzzle book
- personal ID/info
- emergency contacts
- prescriptions
- medical info
- medical devices
- family picture

## Classroom Kit

(Teacher – storage tub)

- personal kit
- first aid kit
- 2 cases water
- emergency blankets
- flashlight & batteries
- whistle
- glowsticks
- multi-tool
- baby wipes
- games
- puzzle books
- granola bars
- fruit leather
- jerky

## Work Kit

(backpack)

- first aid kit
- 1 gallon water
- granola bars
- fruit leather
- jerky or nuts
- hard candy
  
- multi-tool
- flashlight
- whistle
- zip ties
- duct tape
- baby wipes
- emergency blanket
- rope or paracord
  
- pen & paper
- cards, games, books
- phone charger
- cash
- emergency contacts
- ID & personal info
- photo of family

