

## 72-HOUR EMERGENCY KIT CHECKLIST

## 1. Water & Hydration

- ☐ 1 gallon of water per person, per day (3 gallons minimum)
- ☐ Water purification tablets or portable filter

## 2. Food

- ☐ Non-perishable foods (granola bars, canned goods, peanut butter)
- ☐ Manual can opener
- ☐ High-calorie emergency ration bars

### 3. First Aid & Medications

- ☐ Basic first aid kit (bandages, antiseptics, gauze, gloves)
- ☐ Tourniquet (if trained)
- ☐ 3-day supply of prescription meds
- ☐ Pain relievers, antihistamines

## 4. Light & Communication

- ☐ LED flashlight (battery/hand-crank)
- ☐ Extra batteries/solar charger
- ☐ Portable phone charger
- ☐ Hand-crank radio

## 5. Shelter & Warmth

- ☐ Mylar emergency blankets
- ☐ Extra warm clothes (socks, gloves, hat)
- ☐ Compact rain poncho

## 6. Tools & Money

- ☐ Multi-tool/Swiss Army knife
- ☐ Duct tape
- ☐ Emergency whistle
- ☐ Waterproof document copies
- ☐ Cash (\$100+ in small bills)

## 7. Additional Needs

- [illegible]